



Lasagna With Ground Turkey

USDA Recipe for CACFP

This Lasagna with Ground Turkey contains lean ground turkey blended with tomatoes, tomato sauce, spices, cheese, and whole wheat lasagna noodles.

CACFP CREDITING INFORMATION

1 piece provides 1.75 oz equivalent meat/meat alternate, 3/4 cup vegetable, and 1 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Turkey, raw, ground (no more than 15% fat)	1 lb 11 oz	3 1/3 cups 2 tsp	3 lb 6 oz	1 qt 2 2/3 cups 1 Tbsp 1 tsp	1 Place ground turkey in a large stock pot. Heat uncovered over high heat for 4–6 minutes. 2 Add garlic, parsley, salt, pepper, thyme, basil, onion powder, red chili pepper flakes, oregano, and marjoram. Cook uncovered over high heat for 2 minutes.
Garlic powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Parsley, dried		2 Tbsp		1/4 cup	
Salt		1 1/2 tsp		1 Tbsp	
Pepper, black or white, ground		1/2 tsp		1 tsp	
Thyme, dried		1/2 tsp		1 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Basil, dried		1 Tbsp 1½ tsp		3 Tbsp	
Onion powder		1 tsp		2 tsp	
Red chili pepper flakes		½ tsp		1 tsp	
Oregano, dried		1 Tbsp 1½ tsp		3 Tbsp	
Marjoram, dried		¾ tsp		1½ tsp	3 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
Garlic, fresh, minced		1 Tbsp		2 Tbsp	4 Add garlic, onions, and peppers. Heat uncovered over medium–high heat for 5 minutes.
*Onions, fresh, chopped	1 lb 8 oz	1 qt ⅔ cup 1 tsp	3 lb	2 qt 1⅓ cups 2 tsp	
*Bell pepper, red, fresh, diced	8 oz	1½ cups	1 lb	3 cups	
Tomatoes, canned, diced, no-salt-added, undrained	2 lb 2 oz	1 qt 1 Tbsp 1 tsp (⅓ No. 10 can)	4 lb 4 oz	2 qt 2 Tbsp 2 tsp (⅔ No. 10 can)	5 Add tomatoes, tomato paste, water, and tomato sauce. Bring to a boil. Reduce heat to medium. Simmer uncovered over medium heat for 5 minutes. Stir well. Set aside for step 8.
Tomato paste, canned, no-salt-added	1 lb 6 oz	2⅓ cups 2⅛ tsp (about ¼ No. 10 can)	2 lb 12 oz	1 qt ⅔ cup 1 Tbsp 1¼ tsp (about ½ No. 10 can)	
Water		1 qt 2 cups		3 qt	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Tomato sauce, canned	6 oz	$\frac{2}{3}$ cup	12 oz	1 $\frac{1}{3}$ cups (about $\frac{1}{8}$ No. 10 can)	<p>6 Lightly coat steam table pan (12" x 20" x 2$\frac{1}{2}$") with pan-release spray. Set aside for step 8.</p> <p>For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p>
					<p>7 Assembly per pan:</p>
					<p>8 First layer: Pour 1 qt 2 cups (about 3 lb 4 oz) turkey and tomato mixture into steam table pan. Spread evenly. Set remaining turkey and tomato mixture aside for step 10.</p>
Lasagna noodles, whole-wheat, dry (at least 1 oz each)	1 lb 12 oz	28 each	3 lb 8 oz	56 each	<p>9 Second layer: Overlap 14 noodles lengthwise over turkey and tomato mixture. Set remaining noodles aside for step 14.</p>
					<p>10 Third layer: Pour 1 qt 2 cups (about 3 lb 4 oz) turkey and tomato mixture over noodles. Spread evenly. Set remaining turkey and tomato mixture aside for step 16.</p>
*Spinach, fresh, chopped	8 oz	3 cups	1 lb	1 qt 2 cups	<p>11 Fourth layer: Place 1$\frac{1}{2}$ cups (about 4 oz) spinach over turkey and tomato mixture. Set remaining spinach aside for step 15.</p>
Mozzarella cheese, low-fat, low-moisture, part-skim, shredded	15 oz	1 qt	1 lb 14 oz	2 qt	<p>12 Fifth layer: Sprinkle 2 cups (about 7$\frac{1}{2}$ oz) mozzarella cheese over spinach. Set remaining mozzarella cheese aside for step 17.</p>
Cheddar cheese, low-fat, shredded	10 oz	2 $\frac{1}{2}$ cups	1 lb 4 oz	1 qt 1 cup	<p>13 Sixth layer: Sprinkle 1$\frac{1}{4}$ cups (about 5 oz) cheddar cheese over mozzarella cheese. Set remaining cheddar cheese aside for step 18.</p>
					<p>14 Seventh layer: Overlap remaining 14 noodles lengthwise over cheddar cheese.</p>

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					15 Eighth layer: Place remaining 1½ cups (about 4 oz) spinach over noodles.
					16 Ninth layer: Pour remaining 1 qt 2 cups (about 3 lb 4 oz) turkey and tomato mixture over spinach. Spread evenly.
					17 Tenth layer: Sprinkle remaining 2 cups (about 7½ oz) mozzarella cheese over turkey and tomato mixture.
					18 Eleventh layer: Sprinkle remaining 1¼ cups (about 5 oz) cheddar cheese over mozzarella cheese.
					19 Cover pans tightly.
					20 Bake: Conventional oven: 350 °F for 1¼ to 1½ hours. Convection oven: 325 °F for 45 minutes.
					21 Remove lasagna from oven. Let stand uncovered for 15 minutes before serving.
					22 Critical Control Point: Hold for hot service at 140 °F or higher.
					23 Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (about 2⅜" x 4").



NUTRITION INFORMATION

For 1 piece.

NUTRIENTS	AMOUNT
Calories	276
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Total Fat	7 g
Saturated Fat	3 g
Cholesterol	23 mg
Sodium	420 mg
Total Carbohydrate	39 g
Dietary Fiber	7 g
Total Sugars	7 g
Added Sugars included	N/A
Protein	17 g
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Vitamin D	2 IU
Calcium	235 mg
Iron	5 mg
Potassium	563 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	1 lb 12 oz	3 lb 8 oz
Red bell peppers	10 oz	1 lb 4 oz
Spinach	8 oz	1 lb

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same-Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 14 lb 7 oz About 1 gal 3 qt $\frac{7}{8}$ cup/1 steam table pan (12" x 20" x 2 $\frac{1}{2}$ ")	About 28 lb 14 oz About 3 gal 2 qt $1\frac{3}{4}$ cups/2 steam table pans (12" x 20" x 2 $\frac{1}{2}$ ")