



Vegetable Lasagna

USDA Recipe for Schools

Our Vegetable Lasagna recipe is a blend of vegetables, herbs, tomatoes, tomato sauce, spices, cheese, and whole-wheat lasagna noodles.

NSLP/SBP CREDITING INFORMATION

One piece provides 1 oz equivalent meat alternate, $\frac{1}{8}$ cup dark green vegetable, $\frac{1}{2}$ cup red/orange vegetable, $\frac{1}{4}$ cup other vegetable, $\frac{1}{8}$ cup additional vegetable, and 1 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Garlic powder		2 Tbsp 2 tsp		$\frac{1}{4}$ cup 1 Tbsp 1 tsp	1 In a large stock pot, add garlic powder, parsley, salt, pepper, thyme, basil, onion powder, red chili pepper flakes, oregano, marjoram, garlic, mushrooms, onions, and peppers. Heat uncovered over medium-high heat for 5 minutes. Stir well.
Parsley, dried		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup	
Salt		1 Tbsp		2 Tbsp	
Pepper, black or white, ground		1 tsp		2 tsp	
Thyme, dried		1 tsp		2 tsp	
Basil, dried		3 Tbsp		$\frac{1}{4}$ cup 2 Tbsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Onion powder		2 tsp		1 Tbsp 1 tsp	
Red chili pepper flakes		1 tsp		2 tsp	
Oregano, dried		3 Tbsp		¼ cup 2 Tbsp	
Marjoram, dried		1½ tsp		1 Tbsp	
Garlic, fresh, minced		2 Tbsp		¼ cup	
*Mushrooms, fresh, sliced	2 lb	2 qt 1¼ cups	4 lb	1 gal 2½ cups	
*Onions, fresh, chopped	3 lb	2 qt 1⅓ cups 2 tsp	6 lb	1 gal 2⅔ cups 1 Tbsp 1 tsp	
*Red bell peppers, diced	1 lb	3 cups	2 lb	1 qt 2 cups	
Tomatoes, canned, diced, no-salt-added, undrained	4 lb	1 qt 3 cups (approx. ½ No. 10 can)	8 lb	3 qt 2 cups (approx. 1 No. 10 can)	2 Add tomatoes, tomato paste, sugar and water. Bring to a boil. Reduce heat to medium. Simmer uncovered over medium heat for 5 minutes. Stir well. Set aside for step 5.
Tomato paste, canned, no-salt-added	2 lb 12 oz	1 qt ⅔ cup 1 Tbsp 1¼ tsp (approx. ½ No. 10 can)	5 lb 8 oz	2 qt 1⅓ cups 2 Tbsp 2½ tsp (approx. 1 No. 10 can)	
Sugar		½ cup		1 cup	
Water		3 qt		1 gal 2 qt	
					3 Lightly coat steam table pan (12" x 20" x 2½") with pan-release spray. Set aside for step 5.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					4 Assembly per pan:
					5 First layer: Pour 1 qt 1¾ cups (about 2 lb 13 oz) tomato mixture into steam table pan. Spread evenly. Set remaining tomato mixture aside for step 8.
Lasagna noodles, whole-wheat, dry (at least 1 oz each)	3 lb 8 oz	56 each	7 lb	112 each	6 Second layer: Overlap 14 noodles lengthwise over tomato mixture. Set remaining noodles aside for step 11.
*Spinach, fresh, chopped	2 lb 8 oz	1 gal	5 lb	2 gal	7 Third layer: Place 1 qt (about 10 oz) spinach over tomato mixture. Set remaining spinach aside for step 12.
					8 Fourth layer: Pour 1 qt 1¾ cups (about 2 lb 13 oz) tomato mixture over spinach. Spread evenly. Set remaining tomato mixture aside for step 13.
Cheese, mozzarella, low-fat, low-moisture, part-skim, shredded	1 lb 14 oz	2 qt	3 lb 12 oz	1 gal	9 Fifth layer: Sprinkle 2 cups (about 7½ oz) mozzarella cheese over tomato mixture. Set remaining mozzarella cheese aside for step 14.
Cheese, cheddar, low-fat, shredded	1 lb 4 oz	1 qt 1 cup	2 lb 8 oz	2 qt 2 cups	10 Sixth layer: Sprinkle 1¼ cups (about 5 oz) cheddar cheese over mozzarella cheese. Set remaining cheddar cheese aside for step 15.
					11 Seventh layer: Overlap remaining 14 noodles lengthwise over cheddar cheese.
					12 Eighth layer: Place remaining 1 qt (about 10 oz) spinach over noodles.
					13 Ninth layer: Pour remaining 1 qt 1¾ cups (about 2 lb 13 oz) tomato mixture over spinach. Spread evenly.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					14 Tenth layer: Sprinkle remaining 2 cups (about 7½ oz) mozzarella cheese over tomato mixture.
					15 Eleventh layer: Sprinkle remaining 1¼ cups (about 5 oz) cheddar cheese over mozzarella cheese.
					16 Cover pans tightly.
					17 Bake: Conventional oven: 350 °F for 1¼ to 1½ hours. Convection oven: 325 °F for 45 minutes.
					18 Remove lasagna from oven. Let stand uncovered for 15 minutes before serving.
					19 Critical Control Point: Hold for hot service at 135 °F or higher.
					20 Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (about 2" x 3¾").



NUTRITION INFORMATION

For 1 piece.

NUTRIENTS	AMOUNT
Calories	246
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Total Fat	5 g
Saturated Fat	3 g
Cholesterol	11 mg
Sodium	414 mg
Total Carbohydrate	36 g
Dietary Fiber	9 g
Total Sugars	8 g
Added Sugars included	N/A
Protein	14 g
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Vitamin D	2 IU
Calcium	235 mg
Iron	4 mg
Potassium	657 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Mature onions	3 lb 8 oz	7 lb
Red bell peppers	1 lb 4 oz	2 lb 8 oz
Spinach	2 lb 8 oz	5 lb
Mushrooms	2 lb	4 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

50 Servings	100 Servings
About 26 lb 9 oz	About 53 lb 2 oz
About 3 gal 1 qt 1 1/8 cups/2 steam table pans (12" x 20" x 2 1/2")	About 6 gal 2 qt 2 1/4 cups/4 steam table pans (12" x 20" x 2 1/2")