

## VEGETABLE LASAGNA

Yield 100

Portion 8 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
292 cal	38 g	22 g	7 g	16 mg	1036 mg	242 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
NOODLES,LASAGNA,UNCOOKED	5-3/4 lbs	1 gal 2-1/4 qts	
OIL, CANOLA	3-7/8 oz	1/2 cup	
SQUASH,FRESH,SUMMER,SLICED	1-1/4 lbs	1 qts 1 cup	1-1/3 lbs
MUSHROOMS,CANNED,SLICED,WHITE	11 oz	2 cup	
ONIONS,FRESH,CHOPPED	1 lbs	3 cup	1-1/8 lbs
FLOUR,WHEAT,GENERAL PURPOSE	4-3/8 oz	1 cup	
BROCCOLI,FROZEN,CUT	6-7/8 lbs	1 gal 1 qts	
SAUCE,TOMATO,CANNED	16-1/8 lbs	1 gal 3-1/2 qts	
TOMATO PASTE,CANNED	4 lbs	1 qts 3 cup	
OREGANO,CRUSHED	1-7/8 oz	3/4 cup	
GARLIC POWDER	1/2 oz	1 tbsp	
CHEESE,COTTAGE,LOWFAT	16 lbs	2 gal	
PARSLEY,DEHYDRATED,FLAKED	3/8 oz	1/2 cup	
GARLIC POWDER	1/3 oz	1 tbsp	
BREADCRUMBS	1 lbs	1 qts	
CHEESE,PARMESAN,GRATED	3-1/2 oz	1 cup	
CHEESE,MOZZARELLA,PART SKIM,SHREDDED	3-3/4 lbs	3 qts 3 cup	

**Method**

- 1 Cook lasagna noodles in a steam-jacketed kettle for 10 to 12 minutes, until tender. Drain. Hold in cold water.
- 2 In a small kettle, heat vegetable oil. Add the zucchini, drained mushrooms, and onions. Saute for 3 minutes or until zucchini is slightly tender. Stir in flour, cook 3 minutes. Remove from heat and set aside.
- 3 Place broccoli in a steam table pan and steam for 6 minutes, or until tender. Drain well and set aside.
- 4 In a steam kettle, heat the tomato sauce and tomato paste. Add oregano and garlic powder. Simmer, uncovered for 30 minutes.
- 5 Add the sauteed vegetables and steamed broccoli to the tomato sauce. Stir to combine. Simmer for 10 minutes.
- 6 In a large bowl, combine the cottage cheese, parsley, garlic powder, and bread crumbs. Mix well.
- 7 Combine parmesan cheese and mozzarella cheese.
- 8 Spread 1 cup vegetable sauce on the bottom of each steam table pan to prevent sticking.
- 9 Assembly: First layer: 7-1/2 lasagna noodles; 1 quart of cottage cheese mixture; 1 quart and 1 cup of vegetable sauce; 2-1/4 cups parmesan-mozzarella cheese mixture; Second layer: repeat first layer; Third layer: 7-1/2 lasagna noodles; 2-1/2 cups vegetable sauce.
- 10 Sprinkle 1/2 cup parmesan cheese over each pan of lasagna. Cover with wrap or foil. Using a convection oven, bake at 350 F. for 40 minutes until bubbling. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 11 Remove from oven and allow to set for 15 minutes before serving. Cut each pan 5 by 5 (25 portions per pan). CCP: Hold for service at 140 F. or higher.