

Squish Squash Lasagna

MEAT ALTERNATE, RED/ORANGE VEGETABLE, OTHER VEGETABLE, GRAINS

MAIN DISHES

Ingredients	50 servings		100 servings		For ____ servings	Directions
	Weight	Measure	Weight	Measure		
Fresh onions, diced	1 lb 8 oz	1 qt 3/4 cups	3 lb	2 qt 1-1/2 cups		<ol style="list-style-type: none"> 1. To make tomato sauce, sauté onions and garlic in oil for 2-3 minutes. Add tomatoes, oregano, thyme, and basil. Simmer over low heat, uncovered, for 30 minutes, stirring occasionally. 2. Place pasta sheets in hot water for 7-10 minutes. Remove sheets as dish is assembled. 3. Assembly: Lightly coat steam table pan (12" x 20" x 2-1/2") with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. Spread ingredients evenly across each pan. First layer: a. 16 lasagna sheets, slightly overlapping approximately 1" b. 2-1/2 cups tomato sauce (about 1 lb 2 oz) c. about 2-1/2 cups spinach (4 oz) d. 2 lb 5 oz squash slightly overlapping (35 slices) Second layer: Repeat first layer Third layer: a. 2-1/2 cups tomato sauce (about 1 lb 2 oz) 4. Cover with foil and bake until squash is fork tender: Conventional oven: 350 °F for 60-75 minutes Convection oven: 350 °F for 40-55 minutes 5. Remove from oven. Sprinkle 12-1/2 oz (3-1/8 cups) cheese evenly over each pan of lasagna. 6. Bake uncovered until cheese starts to brown slightly: Conventional oven: 350 °F for 15 minutes Convection oven: 350 °F for 10 minutes Critical Control Point: Heat to 135 °F or higher for at least 15 seconds. 7. Remove from oven and allow to set for 15 minutes before serving. 8. Critical Control Point: Hold for hot service at 135 °F or higher. 9. Portion: Cut each pan 5 x 5 (25 pieces per pan).
Fresh garlic, minced	3 oz	1/4 cup 1-1/2 tsp	6 oz	1/2 cup 1 Tbsp		
Canola oil		2 tsp		1 Tbsp 1 tsp		
Canned low-sodium diced tomatoes	6 lb 4 oz	3 qt (1 No. 10 can)	12 lb 8 oz	6 qt (2 No. 10 cans)		
Dried oregano		1-1/2 tsp		1 Tbsp		
Dried thyme		1-1/2 tsp		1 Tbsp		
Dried basil		1-1/2 tsp		1 Tbsp		
Whole-wheat lasagna sheets, no-boil, 3-1/2" x 7" sheets	2 lb 6-1/4 oz	64 sheets	4 lb 12-3/4 oz	128 sheets		
Fresh butternut squash, peeled, sliced 1/4"	9 lb 4 oz	140 slices	18 lb 8 oz	280 slices		
Fresh spinach, slice 1/8"	1 lb	1 qt 2-1/2 cups	2 lb	3 qt 1 cup		
Low-fat mozzarella cheese, low-moisture, part-skim, shredded	1 lb 9 oz	1 qt 2-1/4 cups	3 lb 2 oz	3 qt 1/2 cup		

(continued)

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Serving: 1 piece provides 1/2 oz equivalent meat alternate, 5/8 cup red/orange vegetable, 1/8 cup other vegetable, and 3/4 oz equivalent grains.	Yield: 50 servings: about 19 lb 8 oz 100 servings: about 38 lb, 8 oz	Volume: 50 servings: 2 steam table pans 100 servings: 4 steam table pans
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NUTRIENTS PER SERVING					
Calories	175.41	Saturated Fat	1.58 g	Iron	1.15 mg
Protein	7.59 g	Cholesterol	7.65 mg	Calcium	149.17 mg
Carbohydrate	29.05 g	Vitamin A	9102.60 IU (455.95 RAE)	Sodium	83.24 mg
Total Fat	3.72 g	Vitamin C	18.19 mg	Dietary Fiber	4.94 g

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