

Squish Squash Lasagna

Meal Components: Meat Alternate-Red/Orange Vegetable-Other Vegetable-Grains

Main Dishes D-59r

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh onions, diced	12 oz	2 ½ cups	1 lb 8 oz	1 qt ¾ cups	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.
Fresh garlic, minced	1 ½ oz	2 Tbsp 1 tsp	3 oz	¼ cup 1 ½ tsp	
Canola oil		1 tsp		2 tsp	
Canned low-sodium diced tomatoes	3 lb 2 oz	1 qt 2 cups (½ No. 10 can)	6 lb 4 oz	3 qt (1 No. 10 can)	
Dried oregano		¾ tsp		1 ½ tsp	
Dried thyme		¾ tsp		1 ½ tsp	
Dried basil		¾ tsp		1 ½ tsp	
Whole-wheat lasagna sheets, no-boil, 3 ½" x 7" sheets	1 lb 3 oz	32 sheets	2 lb 6 ¼ oz	64 sheets	2. Place pasta sheets in hot water for 7-10 minutes. Remove sheets as dish is assembled.
*Fresh butternut squash, peeled, sliced ¼"	4 lb 10 oz	70 slices	9 lb 4 oz	140 slices	
*Fresh spinach, sliced 1/8"	8 oz	3 ¾ cups	1 lb	1 qt 2 ½ cups	
Low-fat mozzarella cheese, low-moisture, part-skim, shredded	12 ½ oz	3 ⅔ cups	1 lb 9 oz	1 qt 2 ¼ cups	

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

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					<p>3. Assembly: Lightly coat steam table pan (12" x 20" x 2 ½") with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans. Spread ingredients evenly across each pan.</p> <p>First layer: a. 16 lasagna sheets, slightly overlapping approximately 1" b. 2 ½ cups tomato sauce (about 1 lb 2 oz) c. about 2 ½ cups spinach (4 oz) d. 2 lb 5 oz squash slightly overlapping (35 slices)</p> <p>Second layer: Repeat first layer</p> <p>Third layer: a. 2 ½ cups tomato sauce (about 1 lb 2 oz)</p>
					<p>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</p>
					<p>5. Remove from oven. Sprinkle 12 ½ oz (3 ½ cups) cheese evenly over each pan of lasagna.</p> <p>6. Bake uncovered until cheese starts to brown slightly: Conventional oven: 350 °F for 15 minutes Convection oven: 350 °F for 10 minutes</p> <p>Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.</p>
					<p>7. Remove from oven and allow to set for 15 minutes before serving.</p> <p>8. Critical Control Point: Hold for hot service at 135 °F or higher.</p>
					<p>9. Portion: Cut each pan 5 x 5 (25 pieces per pan).</p>

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Notes

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

Serving	Yield	Volume
1 piece provides ½ oz equivalent meat alternate, ⅝ cup red/orange vegetable, ⅓ cup other vegetable, and ¾ oz equivalent grains.	25 Servings: about 10 lb	25 Servings: 1 steam table pan
	50 Servings: about 19 lb 8 oz	50 Servings: 2 steam table pans

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Marketing Guide

Food as Purchased for	25 servings	50 servings
Mature onions	14 oz	1 lb 12 oz
Butternut squash	5 lb 8 oz	11 lb
Baby spinach	9 ¼ oz	1 lb 2 ½ oz

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	Sodium	83.24 mg
Total Fat	3.72 g		(455.95 RAE)	Dietary Fiber	4.94 g
		Vitamin C	18.19 mg		