

Squish Squash Lasagna

Recipe Sizing Report

000533 - Squish Squash Lasagna :	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: Servings				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011282 ONIONS,RAW..... 011215 GARLIC,RAW..... 050498 TOMATOES, CANNED, DICED..... 901071 OREGANO LEAVES,DRIED..... 799906 THYME LEAF,DRIED..... 002044 BASIL,FRESH..... 050383 OIL, VEGETABLE.....	2 3/4 cups + 1 TSP (chopped) 1/3 cup + 5/8 tsp 1 gal + 2 3/4 cups 1 TSP (ground) 1 TSP (ground) 1 TSP (chopped) 2 1/8 tsp	Tomato Sauce: (Pre-Prep Instructions) Make tomato sauce the day before. Store sauce in refrigerator overnight. Heat the oil in a sauce pot on medium heat then add onion and garlic and stir frequently. Once the onion and garlic are sweated add the tomatoes and herbs and bring to a simmer for about 30 minutes stirring occasionally until most of the juice is cooked out of the pot. Reserve the sauce for building the lasagna. Sauce can be made the day before and stored in refrigerator overnight.
901493 SQUASH,WNTR,BUTTRNUT,RAW.....	8 lbs + 6 ozs	Pre-Prep squash day before. Refrigerate to use for next day service. Slice the squash length wise 1/4 " thick discard seeds. Chiffonade the spinach 1/8" thick.
902564 Lasagna, Noodles, Oven Ready..... 011457 SPINACH,RAW..... 901764 Mozarella Cheese, Part-Skim, Shredded...	6 lbs + 4 ozs 2 qts + 1/4 cup 1 qt + 2 1/4 cups	To Build Lasagna 1. For 6 servings use a 4" deep 1/4 hotel pan (when finished cut it once down the length of the pan and three cuts across. To build lasagna start by spreading 4 oz of sauce across the bottom of the pan Lay out one layer of lasagna sheets evenly, overlapping slightly For full pan ladle out 16 oz of sauce and spread evenly and 4 oz for 1/4 pan For full pan spread out 1 oz of spinach evenly and 1/4 oz for 1/4 pan Next lay out one layer of squash evenly and repeat steps above. Repeat steps two more times and top with cheese. Cover with foil tightly and bake in preheated 350 degree oven on low fan for 1 hour and 45 minutes.

*Nutrients are based upon 1 Portion Size (Servings)

Calories	302 kcal	Cholesterol	8 mg	Protein	12.28 g	Calcium	161.05 mg	11.39%	Calories from Total Fat
Total Fat	3.83 g	Sodium	268 mg	Vitamin A	473.5 RE	Iron	3.01 mg	5.38%	Calories from Saturated Fat

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Saturated Fat	1.81 g	Carbohydrates	53.61 g	Vitamin A	2169.7 IU	Water ¹	*80.92* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	4.19 g	Vitamin C	20.7 mg	Ash ¹	*0.57* g	70.90%	Calories from Carbohydrates
								16.24%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values