

Squish Squash Lasagna

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

Main Dishes, D-59r

Ingredients	50 Servings		100 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"> 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. Place pasta sheets in hot water for 7-10 minutes. Remove sheets as dish is assembled.
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,	9 lb 4 oz	140 slices	18 lb 8 oz	280 slices	

*Fresh spinach, sliced 1/8"	1 lb	1 qt 2 1/2 cups	2 lb	3 qt 1 cups
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 cups

3. Assembly: Lightly coat steam table pan (12"x20"x2 1/2") with pan release spray. For 50 servings, use 2 pans. For 100 servings use 4 pans. Spread ingredients evenly across each pan.

4. First Layer:

5. Second layer: Repeat first layer

6. Third layer: 2 ½ cups tomato sauce (about 1 lb 2 oz)

7. 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

8. Remove from oven. Sprinkle 12 1/2 oz (3 1/8 cups) cheese evenly over each pan of lasagna.

9. Bake uncovered until cheese starts to brown slightly: Conventional oven: 350 °F for 15 minutes Convection oven: 350 °F for 10 minutes

10. Remove from oven and allow to set for 15

11. Critical Control Point: Hold for hot service at 135 °F or higher.

12. Portion: Cut each pan 5 x 5 (25 pieces per pan).

Notes

Our Story

The team from Liberty Elementary School wanted to create a tasty recipe that would be enjoyed by kids. They started the recipe development process by sending survey questions to students in 4th and 5th grades. With feedback from students, they developed Squish Squash Lasagna. This tantalizing dish features butternut squash, a deep orange-colored winter squash with a sweet, nutty taste similar to pumpkin that children are sure to enjoy. After sampling the Squish Squash Lasagna recipe, many students returned for second helpings. That's when the team knew that the Squish Squash Lasagna recipe was a hit. Give your kids some excitement by serving this mouthwatering main dish at mealtime!

Liberty Elementary School

Powell, Ohio

School Team Members

School Nutrition Professional: Jackie Billman

Chef: Jeff Lindemeyer (Executive Chef, Cameron Mitchell Restaurants)

Community Members: Nicole Hancock and Michelle Lounsbury

Students: Tori L., Alexis H., Leah L., and Buddy F.

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

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

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Mature onions	1 lb 12 oz	3 lb 8 oz
Butternut squash	11 lb	22 lb
Baby spinach	1 lb 2 1/2 oz	2 lb 5 oz

Serving	Yield	Volume
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.	50 Servings: about 19 lb 8 oz	50 Servings: 2 steam table pans
	100 Servings: about 38 lb 8 oz	100 Servings: 4 steam table pans

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	9102.6 IU	Sodium	83.24 mg
Total Fat	3.72 g	Vitamin C	18.19 mg	Dietary Fiber	4.94 g