



# Easy Zucchini Lasagna

This lasagna is a delicious summer version of a popular comfort food that made its debut in Italy during the Middle Ages. Zucchini, also called "green Italian squash," is a highly anticipated spring vegetable in Italy and they have incorporated it into numerous recipes. It is often chopped or diced and added to pizzas, pasta dishes, soups, and salads.

### CACFP CREDITING INFORMATION

1 piece provides 1 oz equivalent meat alternate, 1/2 cup vegetable, and 1/2 oz equivalent grains.

### SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<b>1</b> Preheat oven to 350 °F.
Mozzarella cheese, low-fat, shredded	10½ oz	2½ cup 2 Tbsp	1 lb 5 oz	1 qt 1¼ cup	<b>2</b> Reserve some of the mozzarella cheese and set aside.  For 25 servings, reserve 1⅓ cups. For 50 servings, reserve 2⅔ cups.
Cottage cheese, non-fat	2 lb 2 oz	1 qt ¼ cup	4 lb 4 oz	2 qt ½ cup	
Tomato paste, canned, no added salt	7½ oz	¾ cup	15 oz	1½ cup	<b>3</b> To make cheesy-tomato sauce: combine remaining mozzarella cheese, cottage cheese, tomato paste, tomato sauce, oregano, basil, onions, garlic, and black pepper in a large bowl.
Tomato sauce, canned	2 lb 4 oz	1 qt 2 Tbsp	4 lb 8 oz	2 qt ¼ cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Oregano leaves, dried		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Basil leaves, dried		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
*Onion, fresh, peeled, ¼" diced	11 oz	2¼ cup	1 lb 6 oz	1 qt ½ cup	
*Garlic, fresh, minced		8 cloves or 1 Tbsp 1 tsp		16 cloves or 2 Tbsp 2 tsp	
Pepper black, ground		1 tsp		2 tsp	
*Zucchini, unpeeled, thinly sliced	1 lb 15 oz	1 qt 2½ cup	3 lb 14 oz	3 qt 1 cup	<p><b>4</b> Divide zucchini evenly into two parts.</p> <p>For 25 servings, two parts of 3¼ cups or 15½ oz each. For 50 servings, two parts of 6½ cups or 1 lb 15 oz each.</p>
Lasagna noodles, enriched, oven-ready	15 oz	25 sheets	1 lb 14 oz	50 sheets	
Nonstick cooking spray		1 spray		2 sprays	<p><b>5</b> Assembly: Lightly coat steam table pan (12" x 20" x 2½") with pan release spray.</p> <p>For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p>
					<p><b>6</b> First layer: Spread 3½ cups of cheesy-tomato sauce evenly on the bottom of each steam table pan. Cover sauce with 12 sheets of oven-ready lasagna noodles. Then, cover noodles with 3½ cups of zucchini slices.</p>
					<p><b>7</b> Second layer: Repeat first layer.</p>



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Parmesan cheese, shredded	1 oz	¼ cup	2 oz	½ cup	<p><b>8</b> Third layer. Top layers 1 and 2 with the remaining cheesy-tomato sauce (about 3½ cups) and then finish by sprinkling on the reserved shredded mozzarella cheese (1⅓ cups) and the parmesan cheese (¼ cup).</p> <p><b>9</b> Cover tightly with foil and bake until zucchini is tender, 350 °F for 45 minutes.</p> <p><b>10</b> Remove from oven.</p> <p><b>11</b> Remove foil and bake uncovered until cheese starts to brown slightly, 350 °F for 15 minutes.</p> <p>Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.</p> <p><b>12</b> Remove from oven.</p> <p><b>13</b> Let lasagna rest for 10 minutes before cutting.</p> <p><b>14</b> Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3¾" piece).</p> <p>Critical Control Point: Hold at 140 °F or higher.</p>



**NUTRITION INFORMATION**

For 1 piece.

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>171</b>
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<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	3 g
Cholesterol	14 mg
<b>Sodium</b>	<b>434 mg</b>
<b>Total Carbohydrate</b>	<b>24 g</b>
Dietary Fiber	2 g
Total Sugars	5 g
Added Sugars included	N/A
<b>Protein</b>	<b>11 g</b>
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Vitamin D	N/A
Calcium	68 mg
Iron	2 mg
Potassium	N/A

N/A= data not available.

**MARKETING GUIDE**

Food as Purchased for	25 Servings	50 Servings
Mature onions	13 oz	1 lb 9 oz
Zucchini	2 lb 1 oz	4 lb 1 oz
Garlic	8 cloves	16 cloves

**NOTES**

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

**Variations**

Whole grain-rich noodles may be substituted for the enriched noodles. When substituting whole grain-rich noodles, the lasagna may need to be cooked 10 minutes longer. Cook until noodles are soft.

**YIELD/VOLUME**

25 Servings	50 Servings
16½ lb	33 lb
1 pan (25 pieces)	2 pans (50 pieces)

