

VEGETARIAN LASAGNA

No. Portions: 24

Meat/alt: 2 oz.

F/V/J: 1 Cup

Serving Size: 6 x 4 Piece

Grain/Bread: 0.5 srv.

Milk: 0 FL OZ

INGREDIENTS:

011093 Broccoli, 2 lb

011124 Carrots, raw, 1 lb a/p

011260 Mushrooms, raw, 1 lb sliced

990024 Spaghetti Sauce, Red Gold® Nutritionally Enhanced,
1 #10 Can

090168 Lasagna Noodles, Dry, 1 lb

001028 Cheese, Mozzarella, part skim milk, 3 lb

INSTRUCTIONS:

1. Thaw chopped broccoli, but do not cook or drain.
2. Toss shredded carrots, chopped broccoli, and mushrooms together and divide equally into two portions.
3. Pour one quart of spaghetti sauce in a 3" long steamable pan.
4. Place a layer of uncooked noodles lengthways in the pan.
5. Pour one quart of sauce over noodles. Sprinkle one half vegetables over sauce. Sprinkle 1.5 lbs cheese over sauce.
6. Cover tightly with foil. Bake at 325° for 55 minutes, or until noodles are tender.
7. Remove foil and add remaining cheese.
8. Cook 10 minutes to melt cheese. Cover with plastic wrap and place in warmer for about 30 minutes before cutting to allow it to set.

Nutritional information based on fresh shredded carrots, fresh sliced mushrooms, frozen chopped broccoli, thawed but not cooked or drained, Redpack Nutritionally Enhanced Spaghetti Sauce.

Calories	295	Total Fat.....	10.45 g
Cholesterol	36 mg	Sat Fat.....	5.81 g
Sodium	506 mg	Trans Fat	0.00 g
Dietary Fiber	4.3 g	23.30% Cals from Protein	
Iron	2.20 mg	42.98% Cals from Carb	
Calcium.....	484.78 mg	17.73% Cals from S Fat	
Vitamin A.....	2878.9 IU	31.93% Cals from Trans Fat	
Vitamin A.....	544.0 RE	Vitamin C	76.29 mg
Protein	20.11 g	Carbohydrate.....	31.66 g



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