

## Vegetarian Lasagna



| Recipe Rating |            |
|---------------|------------|
| Total Time    | 75 Minutes |
| Cooking Time  | 60 Minutes |
| Total Labour  | 15 Minutes |
| Knife Skills  | Basic      |

| Equipment   |
|---|
| Chef's knife/Peeler/Cutting Board                                       |
| Spatula/Spoon   |
| Mixing Bowl or Pan  |
| ½ size- 2" deep production pans   |
| Bulk Retherm Cart (or regular oven) <b>or</b> Tray Service Retherm Cart |

| Nutrition Facts                       |                      |
|---------------------------------------|----------------------|
| Valeur nutritive                      |                      |
| Per 1 serv (193g) / par 1 serv (193g) |                      |
| Amount                                | % Daily Value        |
| Teneur                                | % valeur quotidienne |
| <b>Calories / Calories 390</b>        |                      |
| <b>Fat / Lipides 13g</b>              | <b>20%</b>           |
| Saturated / satures 8g                |                      |
| + Trans / trans 0g                    | 39%                  |
| <b>Cholesterol / Cholesterol 40mg</b> |                      |
| <b>Sodium / Sodium 340mg</b>          | <b>14%</b>           |
| <b>Carbohydrate / Glucides 49g</b>    | <b>16%</b>           |
| Fibre / Fibres 3g                     | 11%                  |
| Sugars / Sucres 4g                    |                      |
| <b>Protein / Proteines 18g</b>        |                      |
| <b>Vitamin A / Vitamine A</b>         |                      |
| <b>Vitamin C / Vitamine C</b>         | <b>20%</b>           |
| <b>Calcium / Calcium</b>              | <b>25%</b>           |
| <b>Iron / Fer</b>                     | <b>20%</b>           |

# Vegetarian Lasagna

|                               | 25 Portions |          | 50 Portions |          |
|-------------------------------|-------------|----------|-------------|----------|
|                               | Metric      | Standard | Metric      | Standard |
| Lasagna Noodles, No Cook Type | 1.5 Kg      | 3.31 Lbs | 3 Kg        | 6.62 Lbs |
| Tomatoes, Canned              | 2 Kg        | 4.41 Lbs | 4 Kg        | 8.82 Lbs |
| Onions, Fresh, Diced          | 165 gm      | 5.82 oz  | 330 gm      | 11.64 oz |
| Mushrooms, Fresh, Sliced      | 250 gm      | 8.82 oz  | 500 gm      | 17.64 oz |
| Cheddar Cheese, Shredded      | 900 gm      | 2 Lbs    | 1.8 Kg      | 4 Lbs    |

## Method



1. Wash and slice mushrooms. Peel and dice onions.  
Open tomatoes but do not drain liquid.



2. In ½ size- 2" deep production pans that have been prepared with nonstick spray, layer the lasagna with noodles, tomatoes, vegetables and some cheddar cheese.

Repeat for 2 thick layers or 3 thinner layers.



3. Place pans in Multigen for 60 minutes.

**Bulk:** remove from Multigen and cut square portions and serve alone or with a side dish.

**Cold Plating:** allow to cool and plate alone or with a side dish. Place on the hot side of the tray to retherm prior to service.



4. Serve Hot.



Garnish: **Finely chopped herbs or a thin tomato sauce on top**

Food Accompany: **Appropriate vegetable or side salad**