

Squish Squash Lasagna

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

Main Dishes, D-59r

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh onions, diced	12 oz	2 1/3 cups	1 lb 8 oz	1 qt 3/4 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	1 1/2 oz	2 Tbsp 1 tsp	3 oz	1/4 cup 1 1/2 tsp	
Canola oil		1 tsp		2 tsp	
Canned low-sodium diced tomatoes	3 lb 2 oz	1 qt 2 cups (1/2 No. 10 can)	6 lb 4 oz	3 qt (1 No. 10 can)	
Dried oregano		3/4 tsp		1 1/2 tsp	
Dried thyme		3/4 tsp		1 1/2 tsp	
Dried basil		3/4 tsp		1 1/2 tsp	
Whole-wheat lasagna sheets, no-boil, 3 1/2" x 7" sheets	1 lb 3 oz	32 sheets	2 lb 6 1/4 oz	64 sheets	
*Fresh butternut squash, peeled,	4 lb 10 oz	70 slices	9 lb 4 oz	140 slices	

*Fresh spinach, sliced 1/8"	8 oz	3 1/4 cups	1 lb	1 qt 2 1/2 cups
Low-fat mozzarella cheese, low-moisture, part-skim, shredded	12 1/2 oz	3 1/8 cups	1 lb 9 oz	1 qt 2 1/4 cups

3. Assembly: Lightly coat steam table pan (12" x 20" x 2 1/2") with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans. Spread ingredients evenly across each pan.

4. First Layer:

5. ·

6. Second Layer: Repeat first layer.

7. Third Layer: 2 1/2 cups tomato sauce (about 1 lb 2 oz).

8. Cover with foil and bake until squash is fork tender..

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

10. Remove from oven and allow to set for 15 minutes before serving.



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	25 Servings	25 Servings
Mature onions	14 oz	1 lb 12 oz
Butternut squash	5 lb 8 oz	11 lb
Baby spinach	9 1/4 oz	1 lb 2 1/2 oz

Serving	Yield	Volume
1 piece provides 1/2 oz equivalent meat/meat alternate, 5/8 cup red/orange vegetable, 1/8 cup other vegetable, and 3/4 oz equivalent grains.	25 Servings: about 10 lb	25 Servings: 1 steam table pan
	50 Servings: about 19 lb 8 oz	50 Servings: 2 steam table pans

Nutrients Per Serving					
Calories	175	Saturated Fat	2 g	Iron	1 mg
Protein	8 g	Cholesterol	8 mg	Calcium	149 mg
Carbohydrate	29 g	Vitamin A	9103 IU	Sodium	83 mg
Total Fat	4 g	Vitamin C	18 mg	Dietary Fiber	5 g