

Vegetable Lasagna

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE



THE HUMANE SOCIETY
OF THE UNITED STATES

YIELD: ½ hotel pan

12 Servings

Ingredients	Qty	Measure
Lasagna noodles	9	each
Water	6	cups
Salt	1	Tsp.
Zucchini	2	cups
Baby spinach	1	pound
Fresh broccoli	1	pound
Onion	1	cup
Fresh garlic (minced)	2	Tbsp.
Earth Balance	2	Oz.
Vegan mozzarella	1	cup
Salt	1	Tsp.
Pepper	1	Tsp.
Alfredo Sauce	2	cups
Earth Balance	2	Oz.
All-purpose flour	2	Oz.
Soy milk	2	cups
Water	1	cup
Salt	2	Tsp.
Pepper	2	Tsp.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Put noodles in boiling water with 1 tsp. salt. Cook till tender, about 10-12 minutes.
2. Sweat onions and garlic
3. Add zucchini, broccoli and baby spinach. Cook for 10 minutes.
4. Layer with Alfredo on bottom, noodles, and vegetables, repeat with top layer of sauce

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

6 oz. garnish with ½ oz. fresh chopped herbs (basil, oregano and fresh chopped flat leaf parsley)

Nutrition Information

*From USDA Nutrient Database

Calories: 446 Total Fat: 24g Saturated Fat: 7g Carbohydrate: 47g Protein: 10g Sodium: 503mg
Vitamin A: 212mg Vitamin C: 32mg Calcium: 142mg Iron: 4mg Folic Acid: 219mg

Alfredo

1. Melt Earth Balance
2. Add flour and cook until it emits a nutty aroma
3. Add soy milk, water, salt, and pepper stir and cook until thick and bubbly