

# MEXICAN LASAGNA

Recipe from Greenville County Public Schools:  
Winner of PCRM's 2011 Golden Carrot Award

## Meat/Meat Alternate-Vegetable-Main Dishes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		1/8 cup		1/4 cup	<ol style="list-style-type: none"> <li>1. Preheat steam kettle and oven to 350 degrees.</li> <li>2. Add oil, onions, and peppers to braising pan. Cook until tender.</li> <li>3. Add black beans, refried beans, tomatoes, corn, and seasonings.</li> <li>4. Bring to a simmer and cook for 5 minutes. Product must reach an internal temperature of 140 degrees for 15 seconds.</li> <li>5. Spray each 20"x 12"x 2" pan with pan coating spray. In each pan, layer lasagna as follows: Layer 1: Pour 2 cups of picante sauce in each pan. Layer 2: Cover with a layer of 8 uncooked lasagna noodles, lengthwise in pan. Layer 3: Spread 5 cups of bean mixture over noodles.</li> <li>6. Repeat step 5 two more times.</li> <li>7. Cover with foil and bake at 350 degrees for 1 hour. Product must reach an internal temperature of 165 degrees for 15 seconds.</li> <li>8. Place in a hot holding cabinet that maintains an internal temperature of 140-150 degrees.</li> <li>9. For easier serving, let lasagna sit for 10 minutes. Cut into 25 servings per pan.</li> </ol>
Onion, fresh, diced	1 lb		2 lb		
Green pepper, frozen, diced	1/2 lb		1 lb		
Beans, black, canned, low sodium		1 #10 can		2 #10 cans	
Beans, refried, canned, low sodium		6 cups		1 #10 can	
Tomatoes, diced, canned, low sodium		1 #10 can		2 #10 cans	
Corn, frozen	1 lb		2 lb		
Oregano		1 1/2 Tbsp		3 Tbsp	
Cumin		1 1/2 Tbsp		3 Tbsp	
Garlic powder		1 1/2 Tbsp		3 Tbsp	
Chili powder		1 1/2 Tbsp		3 Tbsp	
Paprika		1 1/2 Tbsp		3 Tbsp	
Salt		3/4 Tbsp		1 1/2 Tbsp	
Sauce, picante	2 qt, plus 1 cup		4 1/2 qt		
Noodles, lasagna, dry	2 3/4 lb		5 1/2 lb		

Serving	Yield	Volume
25 servings per pan	50 Servings	2 pans
Meal component contribution: Each serving provides 1 ounce meat/meat alternate and 1/4 cup vegetables.	100 Servings	4 pans

Nutrients Per Serving							
Calories	232 kcal	Saturated Fat	0.33 g	Iron	3.46 mg	% of calories from fat	7.05%
Protein	10.65 g	Cholesterol	0 g	Calcium	83 mg	% of calories from saturated fat	1.22%
Carbohydrate	44.59 g	Vitamin A	43 mcg	Sodium	6547 mg	% of calories from sugar	7.66%
Total Fat	1.9 g	Vitamin C	11.59 mg	Dietary Fiber	8.99 g		

Notes: HACCP: 2)PHF-Same Day Service.

Recipe adapted from Greenville County Public Schools, S.C. At Greenville County Public Schools, school chefs offer fresh, low-fat, vegetarian meal options each day and use positive language to promote the new items.