Dark Green and Orange Vegetables

This savory recipe is made with a slightly sweet tomato sauce deliciously tucked between layers of whole-wheat lasagna noodles, butternut squash, and spinach, all nestled under part-skim mozzarella cheese.

Squish Squash Lasagna

LIBERTY ELEMENTARY SCHOOL
Powell, Ohio

Our Story

The recipe team from Liberty Elementary School made it a goal to create a recipe that would be enjoyed by kids. Students wanted a new lunch menu with more flavor and variety. They started the recipe development process by surveying 4th and 5th grade students. After the survey results were compiled, the team decided to test two recipes and conduct a student taste test to measure the quality of the recipes. With feedback from students, the team developed Squish Squash Lasagna, featuring butternut squash. This savory vegetable has a deep orange color and sweet, nutty taste similar to pumpkin that children are sure to enjoy.

After sampling the dish, some students returned for second helpings. That's when the team knew that this recipe was a hit! Students at Liberty Elementary School were thrilled to learn that this recipe could be a part of their daily lunch program. Squish Squash Lasagna offers students a flavorful dining experience. Excite students by making this dish a part of your planned lunch menu!

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.

Squish Squash Lasagna

Meal Components: Meat Alternate-Red/Orange Vegetable-Other Vegetable-Grains **Main Dishes D-59r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh onions, diced	12 oz	2 ⅓ cups	1 lb 8 oz	1 qt ¾ cups	1. 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.
Fresh garlic, minced	1 ½ oz	2 Tbsp 1 tsp	3 oz	¼ cup 1 ½ tsp	
Canola oil		1 tsp		2 tsp	
Canned low-sodium diced tomatoes	3 lb 2 oz	1 qt 2 cups (½ No. 10 can)	6 lb 4 oz	3 qt (1 No. 10 can)	
Dried oregano		¾ tsp		1 ½ tsp	
Dried thyme		¾ tsp		1 ½ tsp	
Dried basil		¾ tsp		1 ½ tsp	
Whole-wheat lasagna sheets, no-boil, 3 ½" x 7" sheets	1 lb 3 oz	32 sheets	2 lb 6 ¼ oz	64 sheets	2. Place pasta sheets in hot water for 7-10 minutes. Remove sheets as dish is assembled.
*Fresh butternut squash, peeled, sliced ¼"	4 lb 10 oz	70 slices	9 lb 4 oz	140 slices	
*Fresh spinach, sliced 1/8"	8 oz	3 ¼ cups	1 lb	1 qt 2 ½ cups	
Low-fat mozzarella cheese, low-moisture, part-skim, shredded	12 ½ oz	3 ⅛ cups	1 lb 9 oz	1 qt 2 ¼ cups	

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

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Main Dishes D-59r

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
					3. Assembly: Lightly coat steam table pan (12" x 20" x 2 ½") with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans. Spread ingredients evenly across each pan. First layer: a. 16 lasagna sheets, slightly overlapping approximately 1" b. 2 ½ cups tomato sauce (about 1 lb 2 oz) c. about 2 ½ cups spinach (4 oz) d. 2 lb 5 oz squash slightly overlapping (35 slices) Second layer: Repeat first layer Third layer: a. 2 ½ cups tomato sauce (about 1 lb 2 oz)
					4. Cover with foil and bake until squash is fork tender: Conventional oven: 350 °F for 60-75 minutes Convection oven: 350 °F for 40-55 minutes
					5. Remove from oven. Sprinkle 12 ½ oz (3 ⅛ cups) cheese evenly over each pan of lasagna. 6. Bake uncovered until cheese starts to brown slightly: Conventional oven: 350 °F for 15 minutes Convection oven: 350 °F for 10 minutes Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
					7. Remove from oven and allow to set for 15 minutes before serving. 8. Critical Control Point: Hold for hot service at 135 °F or higher.
					9. Portion: Cut each pan 5 x 5 (25 pieces per pan).

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Notes
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
1 piece provides ½ oz equivalent meat alternate, ⅝ cup red/orange vegetable, ⅛ cup other vegetable, and ¾ 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

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**	**50 servings**
Mature onions	14 oz	1 lb 12 oz
Butternut squash	5 lb 8 oz	11 lb
Baby spinach	9 ¼ oz	1 lb 2 ½ oz

Nutrients Per Serving					
Calories	175.41	Saturated Fat	1.58 g	Iron	1.15 mg
Protein	7.59 g	Cholesterol	7.65 mg	Calcium	149.17 mg
Carbohydrate	29.05 g	Vitamin A	9102.60 IU (455.95 RAE)	Sodium	83.24 mg
Total Fat	3.72 g	Vitamin C	18.19 mg	Dietary Fiber	4.94 g