

Orfalea Foundation- SFI

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Recipe Sizing Report

Aug 19, 2013

000158 - School Food SW Lasagna :

HACCP Process: #3 Complex Food Preparation

Number of Portions: 24

Size of Portions: servings

050385 OIL, VEGETABLE.....	1 tsp
050346 CHEESE, CHEDDAR, YELLOW, SHREDDED.....	1 lb + 8 ozs
050512 BEEF, FINE GROUND, CRUMBLES, PAN-BROILED..	1 lb + 8 ozs
000141R School Food SW Lasagna Sauce.....	52 FL OZ
902454 Tortillas, corn, 6 inch.....	32 Each

Preheat convection oven to 325° F. (375° F. for conventional oven)

1. Cut parchment paper into fourths, following the short edge.
2. Oil or pan spray the hotel pan(s), be sure to coat corners and sides well.
3. Line each side of the hotel pan with a strip of cut parchment paper, covering the corners and the bottom by about half inch.
4. Oil/spray the parchment paper.

5. Combine 1 lb of the cheddar cheese (reserve the 1/2 lb for topping) and all of the cooked meat.

Note: 30 oz. of cooked pinto beans can be substituted for the cooked ground beef for a vegetarian option

6. Assembly steps:

Layer 1. Cover the bottom of the hotel pan with 10 oz. of sauce and spread evenly

Layer 2. Layer 8 tortillas over the sauce (do not dip or fry)

Layer 3. Add 10 oz. of sauce and spread evenly over tortillas

Layer 4. Add 12 oz. of meat/cheese mixture

Layer 5. Layer 8 tortillas over the sauce

Layer 6. Add 10 oz. of sauce and spread evenly

Layer 7. Add 12 oz. of meat/cheese mixture

Layer 8. Layer 8 tortillas

Layer 9. Add 10 oz. of sauce and spread evenly

Layer 10. Add 16 oz. of meat/cheese mixture

Layer 11. Layer 8 tortillas

Layer 12. Add 12 oz. of sauce and spread evenly

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7. Cover with foil or lid

8. Bake in pre-heated oven for approximately 30 minutes until lasagna reaches 165° F. for fifteen seconds

9. Remove from oven and unwrap. If serving immediately, sprinkle with remaining 8 oz. of shredded cheese and return to oven to melt cheese. If holding for later service, sprinkle with cheese and cover with foil or lid and hold in warmer according to HACCP SOP.

10. If serving immediately, allow lasagna to rest in the warmer covered for 10-15 minutes after cheese has melted before cutting and serving (resting allows the lasagna to firm up and slice cleanly).

11. Cut 6 x 4 for 24 servings

EQUIPMENT:

1-4-inch hotel pan

1-Hotel pan lid or aluminum foil

Gloves

1-Rubber Spatula

2-Liquid Measuring Cups, quart, pint

2-Sheets Parchment Paper

*Nutrients are based upon 1 Portion Size (servings)

Calories	307 kcal	Cholesterol	55 mg	Protein	*16.21* g	Calcium	284.11 mg	45.58%	Calories from Total Fat
Total Fat	15.52 g	Sodium	508 mg	Vitamin A	180.0 RE	Iron	2.49 mg	22.75%	Calories from Sat Fat
Sat Fat	7.75 g	Carbs	24.16 g	Vitamin A	1044.7 IU	Water ¹	*54.27* g	*0.88%*	Calories from Trans Fat
Trans Fat ¹	*0.30* g	D. Fiber	3.72 g	Vitamin C	6.2 mg	Ash ¹	*1.63* g	31.53%	Calories from Carbs
								21.16%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values