



# Vegetarian Lasagna Recipe





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Recipe Items:	1 Portion	5 Portions
PE Pasta (PE#21757)	#12 Scoop (80 gm)	400 gm (14.1 oz)
Cream Sauce	#24 Scoop (30 ml)	150 ml (5.1 fl oz)
PE Carrot (PE#21734)	#24 Scoop (40 gm)	200 gm (7.1 oz)
PE Broccoli (PE# 21732)	#24 Scoop (40 gm)	200 gm (7.1 oz)
PE Squash (PE#21751)	2 Tbsp (30 ml)	150 gm (5.3 oz)
Parmesan Cheese, fine ground	1 Tbsp (15 ml)	75 ml (2.6 fl oz)

Nutritional analysis presented contains only these ingredients

1 cm chub slice = approx. 40gm,  
1" chub slice- approx. 100gm



1. Thaw frozen products in refrigerator for a maximum 48 hrs.

Hot Service - Heat Puree Essentials food to a minimum temperature of 71°C or 160°F.



2. For best results, heat the pasta mousse and stir to even consistency. Plate the #12 Scoop (80 gm) of pasta (lasagna base).



3. Using a spoon, evenly cover the pasta with small mounds of the 2 Tbsp (30 ml) squash mousse.



4. Using a spoon, evenly cover the pasta with small mounds of the #24 Scoop (40 gm) of carrot mousse.



5. Using a spoon, evenly cover the pasta with small mounds of the #24 Scoop (40 gm) broccoli mousse. If cold plating, make sure to spread out so the plate cover can fit tight.

6. Cover dish with #24 Scoop (30 ml) of the cream sauce evenly across the top.



7. Finish the lasagna by evenly spreading the 1 Tbsp (15 ml) of fine ground parmesan cheese over the top.

Hot Service - keep Puree Essentials food hot, at a minimum temperature of 66°C or 150°F

Nutrition Facts	
Valeur nutritive	
Per 1 plate (233g) / par 1 plate (233g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b> 260	
<b>Fat / Lipides</b> 11g	<b>16%</b>
Saturated / satures 3g	
+ Trans / trans 0g	<b>15%</b>
<b>Cholesterol / Cholesterol</b> 10mg	
<b>Sodium / Sodium</b> 570mg	<b>24%</b>
<b>Carbohydrate / Glucides</b> 25g	<b>8%</b>
Fibre / Fibres 2g	<b>7%</b>
Sugars / Sucres 4g	
<b>Protein / Proteines</b> 15g	
Vitamin A / Vitamine A	14%
Vitamin C / Vitamine C	10%
Calcium / Calcium	15%
Iron / Fer	20%

**Alternate Process:** After heating the pasta in Step 2, let it cool. Then, replace the above steps 2-6 by layering the ingredients into a layered lasagna. Plate from a hot, layered state.

**Options:** alter sauces and/or vegetables if desired to create different combinations of lasagna styles. For additional flavours and variety, add ground herbs.



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