

Make A Meal Low on Cost and High on Flavor using...

Vegetarian Lasagna Bake

featuring Gage's Lasagna Dinner Mix

What You Need...

1 #10 can **Gage Lasagna Dinner Mix**

3.25 quarts Boiling Water

1.0 lb Gage Ultra Soy Crumbles*

30 oz Tomato Paste

2 lbs Reduced Fat Mozzarella Cheese

* Use the equivalent of 2.5 lbs ground beef or 40 oz protein equivalent.

What You Do...STOVETOP METHOD

Preparation time: 5 minutes

Cook time: 10 minutes (approximate)

Step One: Boil Water.

Step Two: Add Pasta from Mix and Cook until al dente (approximately 5 minutes).

Step Three: Add all remaining ingredients except Cheese, stir to combine.

Step Four: Transfer to holding pan, top with Cheese, and serve.

What You Do...OVEN METHOD

Preparation time: 5 minutes

Bake time: 15 minutes (approximate)

Oven Temperature: 425°F

Pan size: Full Steam Table Pan

Step One: In a deep full pan, combine Gage Lasagna seasoning with tomato paste, then fold in crumbles and pasta.

Step Two: Carefully add the boiling water* and quickly stir to mix.

Step Three: Immediately cover with aluminum foil and place in a preheated 425°F oven and bake for 10 minutes.**

Step Four: Remove from oven and stir to ensure any exposed noodles are submerged; top with Cheese and return to oven to melt (approximately 3-5 minutes).

*Water must be at a rolling boil.

**The longer you wait to transfer the pans to the oven, the greater the chance of the noodles not cooking properly. Do not add the boiling water until you are ready to transfer to the oven.

YIELD: 35 / 6 oz Servings



Shopping Facts...

School Equivalents: This recipe, when prepared as directed, counts as 2 oz Meat / Meat Alternate, 1 Bread, and 1/4 cup Vegetable.

Cost per Serving for Gage Products: \$0.21

Gage Product Detail:

Lasagna Dinner Mix (#G0334)
Pack: 6 / #10 cans

* Brand of ingredients and changes in preparation may result in variations of School Equivalents

Nutrition Facts	Gage Lasagna, As Packaged		Prepared as Vegetarian Lasagna with Gage Ultra Soy Crumbles, Tomato Paste, Cheese	
	(22g)	(173g)	(22g)	(173g)
Serving Size				
Servings Per Container	35		35	
Amount Per Serving				
Calories	70		190	
Calories from Fat	10		50	
		% Daily Value*		% Daily Value*
Total Fat	1.5g	2%	6g	9%
Saturated Fat	0g	0%	2.5g	13%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	15mg	5%
Sodium	430mg	18%	790mg	33%
Total Carbohydrate	15g	5%	24g	8%
Dietary Fiber	1g	4%	4g	16%
Sugars	3g		7g	
Protein	3g		16g	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		Vitamin A	8%	20%
Calories: 2,000 2,500		Vitamin C	4%	15%
Total Fat	Less than 65g	Calcium	0%	25%
Saturated Fat	Less than 20g	Iron	6%	15%
Cholesterol	Less than 300mg			
Sodium	Less than 2,400mg			
Total Carbohydrate	300g			
Dietary Fiber	25g			
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4				

Cooking with Commodities was brought to you by:

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