

Recipe Name: Artichoke Basil Lasagna**Recipe Category:** Dinner Entrée**Portion Size:** 1 cup**Ingredients:** Yields: 8 servings

| Ingredients | Notes: |
|--|--|
| 1 lb.(9) lasagna noodles | For vegan: use vegan noodles |
| 1 tablespoon of olive oil | |
| 2 (8 oz.) packages frozen artichoke | Thawed and well drained. May use 2 cups. Drained canned artichokes |
| ½ cup pine nuts | (optional) |
| 4 cloves fresh garlic | Or 2 teaspoon garlic powder. Wash, peel and mince |
| 1 (15 oz.) carton light ricotta cheese | For vegan: use vegan ricotta cheese |
| 3 cups lowfat Mozzarella cheese, shredded | For vegan: use vegan cheese |
| 4 teaspoons dried basil | Crushed |
| 1 egg | |
| ¼ cup all-purpose flour | |
| 1 (14 oz) can reduced sodium vegan chicken broth | |
| 2 cups nonfat milk | For vegan: use soy milk |
| ¼ cup parmesan cheese | For vegan: use vegan Parmesan cheese |
| 2 tablespoons dried parsley | |
| ¼ teaspoon salt | |

Directions:

| Steps: | Directions: | Critical Control Point /Quality Assurance |
|--------|---|--|
| 1 | Preheat oven to 350 degrees F. | |
| 2 | Cook lasagna noodles according to package directions. | |
| 3 | Drain noodles; rinse with cold water and drain well. | |
| 4 | Set noodles aside | |
| 5 | In a large skillet, heat oil over medium heat. | |
| 6 | Add artichokes, pine nuts and garlic. | |
| 7 | Cook for around 5 minutes, or until artichokes, nuts and garlic start to brown. | |
| 8 | Transfer to large bowl | |
| 9 | Stir in ricotta cheese, ½ c. mozzarella, 1 t. basil, egg and salt. | |
| 10 | For sauce, in a medium saucepan whisk together vegan chicken broth, and flour until smooth. | |
| 11 | Stir in milk. | |
| 12 | Cook and stir over medium heat until sauce is slightly thickened and bubbly. | |
| 13 | Remove from heat. | |
| 14 | Stir remaining basil. | |
| 15 | Pour 1 cup sauce into a rectangular baking dish. | |
| 16 | Top with 3 cooked lasagna noodles. | |
| 17 | Dollop with one third of ricotta mixture and carefully spread evenly over noodles. | |
| 18 | Top with one third of the remaining sauce. | |
| 19 | Sprinkle with 1/3 cup of remaining cheese | |
| 20 | Repeat layers twice more, beginning with noodles and ending with cheese. | |
| 21 | Top with parmesan cheese and parsley. | |
| 22 | Bake uncovered for about 40 minutes or until heated through and top is lightly browned. | Cook until internal temperature reaches 165°F. |
| 23 | Let stand for 15 minutes before serving. | |

Time Temperature Sensitive food. Food safety Standards: hold food for service at an internal temperature above 140° F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41° F. Follow proper cooling procedures. Store leftovers in a tightly sealed, labeled and dated container. Use

leftover within 72 hours if stored in refrigerator or 30 days if stored in the freezer. Reheat leftover product quickly (within 2 hours) to 165 degrees F for 15 seconds. Reheat left over product only once; discard if not used. Cold holding at 41°F or colder or using time alone (less than four hours).

Texture Modified Diets: TIP use pasta within correct particle size.

Soft & Bite Size: (aka Bite size) **Food particle size ½ inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a ½” particle size prior to layering. Moisten with broth as needed. Omit pine nuts and artichokes. May add spinach in place of artichokes.

Chopped: **Food particle size ¼ inch (~ ½ width of standard fork)** Food must be moist. Chop foods with a knife to 1/4” particle size prior to layering. Moisten with broth as needed. Omit pine nuts and artichokes. May add spinach in place of artichokes.

Minced and Moist:(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8 inch (fits through prongs of standard fork)** Food must be moist. Use a food processor to grind food particles into 1/8 inch prior to layering. Moisten with broth as needed. Omit pine nuts and artichokes. May add spinach in place of artichokes.

Pureed: Smooth and cohesive. Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. May add broth or sauce to puree. Do not add too much liquid. Puree should still hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding. . Serve ½ c. puree cottage cheese serving and pasta with sauce separately. May puree pasta puree with sauce for flavor. Omit pine nuts and artichokes. May add spinach in place of artichokes.

Therapeutic Modified Diets:

Lowfat: Omit pine nuts

Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled: no changes

Bland/Anti Reflux: Omit garlic, basil, parsley and pinenuts. Substitute green beans for artichokes

Liberal House Renal: Use alternate menu item

No Added Salt: No changes needed

2 Gram Sodium: Use alternate menu item

Gluten Free: Substitute lasagna noodle for gluten free lasagna noodle. Use gluten-free broth and GF all purpose flour.

Allergy Alerts: When an "X" is present, this indicates the allergen is present.

Always read all food labels to ensure allergens are not present.

| Wheat | Milk | Eggs | Fish Shellfish | Soy | Peanuts/Nuts | Other |
|-------|------|------|----------------|-----|--------------|-------|
| X | X | X | | | X | |

Key: SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free