



RECIPE NAME: Sweet Potato Lasagna Rolls

File No:

Grade Group: K-8, 9-12
Number of Portions: 50
Portion Size: 1 roll
Serving Utensil:
Servings per Pan:

HACCP Process:

#1 No Cook

#2 Cook & Serve Same Day

#3 Includes Cooling Step

Recipe Adapted From:
Whipping Up Wellness
Grafton High School
2019 Student
Chef Winner



Ingredients	Weight	Measure	Procedure
Turkey, Ground, 85/15	5 lb		<ol style="list-style-type: none"> Preheat oven to 400°F. In a large sauté pan or pot, cook the ground turkey and drain. Bring pot of water to a boil. Add lasagna noodles and boil for 2 minutes. Remove pot from heat, keep covered, and let noodles continue to cook for 10 minutes. Using the same pan that the turkey was cooked in, add the olive oil and sauté the onion, peppers, and garlic. Sauté until onions begin to soften. Add the spinach and cook 3-5 minutes, stirring constantly. Remove from heat. In a large bowl, mix the ricotta, sweet potato, parmesan, and 1 cup of the mozzarella. Add cayenne pepper and mix. Add the turkey to the onion mixture. Season with salt and Italian seasoning. Add half the tomato sauce and mix. Spread ¼ cup of the sweet potato and cheese mixture along the middle of the noodle. Top with ⅓ cup of the turkey and vegetable mixture. Sprinkle 2 Tbsp of mozzarella on top. Roll up the noodle. Place noodle opening side down on greased pan. Repeat. Cover the rolled noodles with the remaining tomato sauce. Bake for 30 minutes. Remove from oven and sprinkle with additional parmesan cheese, if desired. Bake for 10 minutes. CCP: Hot hold at 141° for service
Oil, Olive		⅓ cup	
Spinach, Fresh, Chopped	2 lb 10 oz	5 cups	
Onions, Raw, Chopped	2 lb 8 oz	5 cups	
Garlic, Raw, Chopped		30 cloves	
Bell Pepper, Orange, Chopped	2 lb	5 cups	
Sweet Potato, Frozen, Cubed	2 lb 10 oz		
Parmesan Cheese, Grated, Reduced Fat		1 ⅔ cups	
Mozzarella Cheese, Shredded, Part-Skim		10 cup, divided	
Ricotta Cheese, Part-Skim	2 lb 8 oz		
Italian Seasoning		¼ cup + 1 Tbsp	
Salt		2 tsp	
Cayenne Pepper, Ground		2 tsp	
Tomato Sauce, Canned, Low Sodium		1 ¼ #10 can	
Lasagna Noodles, Whole Wheat, Dry		50 each	
Total Yield: 50 rolls		Number of Pans:	
Weight:	Measure (volume):	Pan Size:	

Meal Component Contribution/Nutrition Analysis Based on Portion Size

Specify the grade group in the columns:	Grade Group: K-8, 9-12				
Meat/MeatAlternate	2.25 oz eq.				
Vegetable Subgroups	DG	B/P	R/O	S	O
			⅜ c.		⅛ c.
Fruits					
Grains	1.0 oz eq.				
Calories:	317				
Saturated Fat (g):	4.71 g				
Sodium (mg):	687.93 mg				

Equipment (if not specified in procedures above):

DG=Dark Green B/P=Beans/Peas (Legumes) R/O=Red/Orange
S=Starchy O=Other