



RECIPE NAME: Sweet Potato Lasagna Rolls

File No:

Grade Group: K-8, 9-12
Number of Portions: 100
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 Oil, Olive Spinach, Fresh, Chopped Onions, Raw, Chopped Garlic, Raw, Chopped Bell Pepper, Orange, Chopped Sweet Potato, Frozen, Cubed Parmesan Cheese, Grated, Reduced Fat Mozzarella Cheese, Shredded, Part-Skim Ricotta Cheese, Part-Skim Italian Seasoning Salt Cayenne Pepper, Ground Tomato Sauce, Canned, Low Sodium Lasagna Noodles, Whole Wheat, Dry	10 lb 5 lb 4 oz 5 lb 4 lb 5 lb 4 oz 5 lb	$\frac{2}{3}$ cup 10 cups 10 cups 60 cloves 10 cups 3 $\frac{1}{4}$ cup 20 cup divided $\frac{1}{2}$ cup + 2 Tbsp 1 Tbsp 1 Tbsp 2 $\frac{1}{2}$ #10 can 100 each	<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 2 cups 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 $\frac{1}{4}$ cup of the sweet potato and cheese mixture along the middle of the noodle. Top with $\frac{1}{3}$ 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
Total Yield: 100 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					Equipment (if not specified in procedures above): DG=Dark Green B/P=Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other
Meat/Meat Alternate	2.25 oz eq.					
Vegetable Subgroups	DG	B/P	R/O	S	O	
			$\frac{3}{8}$ c.		$\frac{1}{8}$ c.	
Fruits						
Grains	1.0 oz eq.					
Calories:	317					
Saturated Fat (g):	4.70 g					
Sodium (mg):	663.38 mg					