

# ZUCCHINI PARMESAN

Old Saybrook Schools - 2018

Grades: 9-12

Yield: 25 or 50 servings

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE	
Zucchini	3lb 6 oz		6 lb 12 oz		<ol style="list-style-type: none"> <li>1. Wash hands.</li> <li>2. Put on food service gloves.</li> <li>3. Wash Zucchini. Cut Zucchini into ¼ inch rounds.</li> <li>4. Beat Eggs.</li> <li>5. Blend parmesan Cheese into bread Crumbs</li> <li>6. Dip Zucchini into Egg and then coat with bread crumb mixture. Place on sheet pans with liner in single layer.</li> <li>7. Bake in 350 degree oven until tender 20 minutes, 165 degree internal temperature.</li> <li>8. Divide baked zucchini slices into ½ cup portions on the sheet pans and top each with 2 oz hot marinara sauce and 2 oz mozzarella cheese.</li> <li>9. Return to oven. Bake 350 degrees 5 minutes until cheese melts 165 degrees.</li> <li>10. Use a spatula to serve each portion.</li> </ol>
Large Eggs -beaten		3 large eggs		5 Large Eggs	
Whole Wheat Bread Crumbs		4.25 cups		8.5 cups	
Grated Parmesan Cheese		1 cup		2 cups	
*Marinara Sauce, USDA Spaghetti Sauce, Meatless		6.25 cups		12.5 cups	
Shredded Part Skim Mozzarella Cheese	3 lb 2 oz		6 lbs 4 oz		
<p><b>Serving Size:</b> ½ cup Zucchini Squash, 2 oz Marinara Sauce, 2 oz. Shredded Mozzarella</p> <p><b>Meal Pattern Contribution:</b> ½ cup Other vegetable, ¼ cup Red/Orange vegetable, 2 oz equivalent of meat/meat alternate</p> <p><b>Allergens:</b> Dairy, Wheat, Eggs</p> <p><b>Note:</b> Breading (eggs, parmesan cheese and breadcrumbs) on Zucchini is not counted as contributing to the meal pattern.</p> <p>*Marinara Sauce product formulation sheet may vary by brand. If using a brand other than the USDA Spaghetti Sauce, Meatless, check your brand's product formulation sheet for the correct contribution to the meal pattern.</p>					
<p><b>AT SERVICE:</b></p> <p><b>Hold at 140°F or higher throughout serving. Check temperature again during serving. If below 140°F, remove from line and reheat to 165°F.</b></p>					

*Recipe and Meal Contribution Review completed by Put Local on Your Tray. SFAs must check the crediting information for accuracy prior to including the item in reimbursable meals.*

