

Pizza Cup with Cheese

Meal Components: Vegetable - Red / Orange, Grains, Meat / Meat Alternate

D30

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole-wheat flour	1 lb	3 1/2 cups	2 lb	1 qt 3 cups	<ol style="list-style-type: none"> Place 1 1/2 cups flour, yeast, sugar, salt, and 2 tsp oregano in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 1 minute. Leave dry ingredients in mixer. Add water and oil. Mix well for 2 minutes on medium speed. Add remaining flour to dough. Consistency should be stiff and sticky. Add peppers, onions, egg whites, and cheese
Enriched bread flour	13 oz	3 cups	1 lb 10 oz	1 qt 2 cups	
Active dry yeast	2 oz	1/4 cup	4 oz	1/2 cup	
Sugar	2 oz	1/4 cup	4 oz	1/2 cup	
Salt		1 tsp		2 tsp	
Dried oregano		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Water		1 1/2 cups		3 cups	
Canola oil		2 Tbsp		1/4 cup	
*Fresh red bell peppers	12 oz	2 1/4 cups	1 lb 8 oz	1 qt 1/2 cup	

*Fresh onions, chopped	8 oz	1 1/2 cups 1 Tbsp	1 lb	3 cups 2 Tbsp
Egg whites	8 oz	1 cup	1 lb	2 cups
Low-fat mozzarella cheese, low-moisture, part-skim, shredded	1 lb 2 oz	1 qt 1 1/2 cups	2 lb 4 oz	2 qt 3 cups

4. Cover dough in a large bowl and let rest for 10 minutes.

5. Lightly coat a muffin pan (20 1/2" x 14") with pan release spray. Using a No. 30 scoop, portion 1/4 cup (about 2 oz) batter into each muffin cup.

6. Bake until golden brown:

7. Critical Control Point: Hold for hot service at 140 °F or higher.

8. While pizza cups are baking, begin making sauce.

Canned no-salt-added tomato paste	8 oz	3/4 cup 1 Tbsp 2 tsp	1 lb	1 1/2 cups 3 Tbsp 1 tsp (approx. 1/8 No.10 can)	9. Combine tomato paste, tomato sauce, remaining oregano, garlic, basil, pepper, and marjoram in a large stock pot. Simmer uncovered over medium-high heat for 8-10 minutes. Stir occasionally.
Canned no-salt-added tomato sauce	1 lb 12 oz	3 cups 2 Tbsp 2 tsp (1/4 No. 10 can)	3 lb 8 oz	1 qt 2 1/4 cups 1 Tbsp 1 tsp (1/2 No.	

Garlic powder	1 Tbsp	2 Tbsp
Dried basil	1 tsp	2 tsp
Ground black or white pepper	1/2 tsp	1 tsp
Marjoram	1 tsp	2 tsp

10. Critical Control Point: Heat to 140 °F.

11. Critical Control Point: Hold for hot service at 140 °F.

12. Set tomato sauce aside for step 14.

13. Remove pizza cups from oven. Set aside for step 15.

14. Using a No. 30 scoop, provide students with 2 Tbsp (about 1 1/3 oz) tomato sauce in an individual souffle cup.

15. Serve 2 pizza cups.

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: Two pizza cups provide 1 oz equivalent meat/meat alternate, 1/4 cup red/orange vegetable, 1/8 cup additional vegetable, and 2 oz equivalent grains.

CACFP Crediting Information: Two pizza cups provide 1 oz meat/meat alternate, 3/8 cup vegetable, and 2 servings grains/bread.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Mature onions	10 oz	1 lb 4 oz
Red bell peppers	15 oz	1 lb 14 oz

Serving	Yield	Volume
See Notes	25 Servings: about 4 lb 15 oz	25 Servings: about 2 quarts 1 3/4 cups 2 Tbsp / 50 muffins
	50 Servings: about 9 lb 14 oz	50 Servings: about 1 gallon 3 3/4 cups / 100 muffins

Nutrients Per Serving

Calories	228	Saturated Fat	2 g	Iron	2 mg
Protein	12 g	Cholesterol	11 mg	Calcium	165 mg
Carbohydrate	33 g	Vitamin A	749 IU	Sodium	351 mg
Total Fat	6 g	Vitamin C	27 mg	Dietary Fiber	4 g