

Eagle Pizza

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

Main Dishes, D-61r

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh spinach, julienne sliced	2 1/2 oz	2 cups	5 oz	1 qt	1. Combine lettuce and spinach in a bowl. Set aside.
*Fresh romaine lettuce, julienne sliced	4 oz	2 cups	8 oz	1 qt	
Salt-free chili-lime seasoning blend		3 Tbsp		1/4 cup 2 Tbsp	2. Mix salt-free seasoning and beans. Set aside
OR		OR		OR	
Salt-free taco seasoning blend (See Notes Section)		3 Tbsp		1/4 cup 2 Tbsp	
Canned low-sodium corn, drained, rinsed	3 lb 14 oz	1 qt 2 3/4 cups (1/2 No. 10 can)	7 lb 12 oz	3 qt 1 1/2 cups (1 1/4 No. 10 cans)	3. Saute green peppers, onions and corn for 3 to 4 minutes in a pan coated with pan release spray. Set aside.
*Fresh green bell peppers, diced	1 lb	3 cups	2 lb	1 qt 2 cups	

Canned low-sodium corn, drained, rinsed	1 lb 11 oz	3 3/4 cups (1/2 No. 10 can)	3 lb 6 oz	1 qt 2 cups (1 No. 10 can)	
Tostada shells (round) (0.5 oz each)		25		50	4. Portion beans with No 16 scoop (1/4 cup) on each tostada shell. Spread evenly.
Reduced-fat Mexican cheese blend, shredded	8 oz	2 cups	1 lb	1 qt	5. Top with 1/3 cup vegetable mixture. Sprinkle with 1 Tbsp cheese. 6. Place tostadas on a sheet pan (18" x 26" x 1") lightly coated with pan release spray. For 25 servings, use 2 pans. For 50 servings, use 4 pans. Bake until cheese is melted: Conventional oven: 350 °F for about 5 min Convection oven: 350 °F for about 3 min 7. Critical Control Point: Hold for hot service at 135 °F or higher
*Fresh carrots, shredded	12 oz	3 1/4 cups	1 lb 8 oz	1 qt 3 1/2 cups	8. Top each tostada with:
Low sodium salsa, mild	12 oz	1 1/2 cups	1 lb 8 oz	3 cups	
Fat-free sour cream	12 oz	1 1/2 cups	1 lb 8 oz	3 cups	9. Serve 1 tostada pizza

Notes

Our Story

Byars Elementary School is located approximately an hour southeast of Oklahoma City. It is one of the few pre-kindergarten through 8th grade schools in the State. The recipe challenge team decided to name their creation after the school mascot. Members of the community teamed up with the school to pursue the challenge with Eagle Pride! Taste-tested by the student body, Eagle Pizza was a winner.

Eagle Pizza will give kids the power and energy they need for a busy day. This versatile recipe can easily be made with help from the kids. Eagle Pizza is a tasty choice that will make your sense of pride soar like an eagle when they smile over this yummy combination of pizza and taco!

Byars Elementary School

Byars, Oklahoma

School Team Members

School Nutrition Professional: Vickie Spray

Chef: Ruth Burrows, DTR

Community Member: Sandra Walck (past School Board Member)

Students: Gracie S., Braden P., Shawn M., Shawn T., and Travis W.

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

Salt-free taco seasoning blend

For 25 servings:

1 Tbsp dried onion

1 Tbsp chili powder

1 ½ tsp cumin

1 ½ tsp crushed red pepper

1 ½ tsp garlic powder

¾ tsp oregano

1 ½ tsp cornstarch

For 50 servings:

2 Tbsp dried onion

2 Tbsp chili powder

1 Tbsp cumin

1 Tbsp crushed red pepper

1 Tbsp garlic powder

1 ½ tsp oregano

1 Tbsp cornstarch

Combine all ingredients. Store in airtight container.

*If using immediately, do not add cornstarch.

TIP: Prepare one tostada pizza using exact measurements and use it as a guide to assemble remaining pizzas.

1 tostada pizza provides:

Legume as Meat Alternate: 1 ¼ oz equivalent meat alternate, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, ½ cup other vegetable, and ½ oz equivalent grains,

OR

Legume as Vegetable: ¼ oz equivalent meat alternate, ¼ cup legume vegetable, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, 1/2 cup other vegetable, and ½ oz equivalent grains.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Spinach	3 oz	6 oz
Romaine lettuce	6 1/4 oz	12 1/2 oz
Green bell peppers	1 lb 4 oz	2 lb 8 oz
Mature onions	1 lb 2 oz	2 lb 4 oz
Carrots	1 lb 1 oz	2 lb 2 oz

Serving	Yield	Volume
1 tostada pizza provides: Legume as Meat Alternate: 1 1/4 oz equivalent meat alternate, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, 1/2 cup other vegetable, and 1/2 oz equivalent grains.	25 Servings: about 12 lb	25 Servings: 25 tostada pizzas
	50 Servings: about 23 lb 8 oz	50 Servings: 50 tostada pizzas

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Nutrients Per Serving

Calories	205.96	Saturated Fat	2.16 g	Iron	1.78 mg
Protein	8.86 g	Cholesterol	6.85 mg	Calcium	172.57 mg
Carbohydrate	32.2 g	Vitamin A	3226.56 IU	Sodium	289.72 mg
Total Fat	5.69 g	Vitamin C	20.38 mg	Dietary Fiber	5.99 g