Eagle Pizza

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Starchy Vegetable-Other Vegetable-Grains **Main Dishes D-61r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh spinach, julienne sliced	2 ½ oz	2 cups	5 oz	1 qt	1. Combine lettuce and spinach in bowl. Set aside.
*Fresh romaine lettuce, julienne sliced	4 oz	2 cups	8 oz	1 qt	
Salt-free chili-lime seasoning blend OR Salt-free taco seasoning blend (See Notes Section)		3 Tbsp OR 3 Tbsp		¼ cup 2 Tbsp OR ¼ cup 2 Tbsp	2. Mix salt-free seasoning and beans. Set aside.
Canned low-sodium refried pinto beans, fat-free	3 lb 14 oz	1 qt 2 ¾ cups (½ No. 10 can)	7 lb 12 oz	3 qt 1 ½ cups (1 ¼ No. 10 cans)	
*Fresh green bell peppers, diced	1 lb	3 cups	2 lb	1 qt 2 cups	3. Sauté green peppers, onions, and corn for 3-4 minutes in a pan coated with pan release spray. Set aside.
*Fresh onions, diced	1 lb	3 cups 2 Tbsp	2 lb	1 qt 2 ¼ cups	
Canned low-sodium corn, drained, rinsed	1 lb 11 oz	3 ¾ cups (½ 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 (¼ cup) on each tostada shell. Spread evenly.
Reduced-fat Mexican cheese blend, shredded	8 oz	2 cups	1 lb	1 qt	5. Top with ⅓ 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 minutes Convection oven: 350 °F for about 3 minutes Critical Control Point: Heat to 140 °F or higher for at least 15 seconds. 7. Critical Control Point: Hold for hot service at 135 °F or higher.

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

Eagle Pizza

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Starchy Vegetable-Other Vegetable-Grains **Main Dishes D-61r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh carrots, shredded	12	3 ¾ cups	1 lb 8 oz	1 qt 3 ½ cups	8. Top each tostada with: 1 Tbsp 1 tsp spinach/lettuce mixture 2 Tbsp carrots 1 Tbsp salsa 1 Tbsp sour cream Serving suggestion: serve toppings in individual soufflé cups
Low-sodium salsa, mild	12 oz	1 ½ cups	1 lb 8 oz	3 cups	
Fat-free sour cream	12 oz	1 ½ cups	1 lb 8 oz	3 cups	
					9. Serve one tostada pizza.

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

Eagle Pizza

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

Notes

*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.

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	50 servings
Spinach	3 oz	6 oz
Romaine lettuce	6 ¼ oz	12 ½ 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

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	32.20 g	Vitamin A	3226.56 IU (177.20 RAE)	Sodium	289.72 mg
Total Fat	5.69 g	Vitamin C	20.38 mg	Dietary Fiber	5.99 g

Serving	Yield	Volume
1 tostada pizza provides: **Legume as Meat Alternate:** 1 ¼ oz equivalent meat alternate, ⅛ cup red/orange vegetable, ⅛ cup starchy vegetable, ⅛ cup other vegetable, and ½ oz equivalent grains. OR **Legume as Vegetable:** ¼ cup legume vegetable, ⅛ cup red/orange vegetable, ⅛ cup starchy vegetable, ⅛ 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.*	25 Servings: about 12 lb 50 Servings: about 23 lb 8 oz	25 Servings: 25 tostada pizzas 50 Servings: 50 tostada pizzas