

Eagle Pizza

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

Main Dishes, D-61r

| Ingredients | 50 Servings | | 100 Servings | | Directions |
|--|-------------|-------------------------------------|--------------|------------------------------------|---|
| | Weight | Measure | Weight | Measure | |
| *Fresh spinach, julienne sliced | 5 oz | 1 qt | 10 oz | 2 qt | 1. Combine lettuce and spinach in bowl. Set aside. |
| *Fresh romaine lettuce, julienne sliced | 8 oz | 1 qt | 1 lb | 2 qt | |
| Salt-free chili-lime seasoning blend | | 1/4 cup 2 Tbsp | | 3/4 cup | 2. Mix salt-free seasoning and beans. Set aside. |
| OR | | OR | | OR | |
| Salt-free taco seasoning blend (See Notes Section) | | 1/4 cup 2 Tbsp | | 3/4 cup | |
| Canned low-sodium refried pinto beans, fat-free | 7 lb 12 oz | 3 qt 1 1/2 cups (1 1/4 No. 10 cans) | 15 lb 8 oz | 1 gal 2 3/4 qt (2 1/4 No. 10 cans) | |
| *Fresh green bell peppers, diced | 2 lb | 1 qt 2 cups | 4 lb | 3 qt | 3. Sauté green peppers, onions, and corn for 3-4 minutes in a pan coated with pan release spray. Set aside. |

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|--|-----------|----------------------------|------------|----------------------|---|
| Canned low-sodium corn, drained, rinsed | 3 lb 6 oz | 1 qt 2 cups (1 No. 10 can) | 6 lb 12 oz | 3 qt (2 No. 10 cans) | |
| Tostada shells (round) (0.5 oz each) | | 50 | | 100 | 4. Portion beans with No.16 scoop (¼ cup) on each tostada shell. Spread evenly. |
| Reduced-fat Mexican cheese blend, shredded | 1 lb | 1 qt | 2 lb | 2 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 50 servings, use 4 pans. For 100 servings, use 8 pans. 7. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds. |
| *Fresh carrots, shredded | 1 lb 8 oz | 1 qt 3 1/2 cups | 3 lb | 1 gal 3 cups | 8. Critical Control Point: Hold for hot service at 135 °F or higher. |
| Low-sodium salsa, mild | 1 lb 8 oz | 3 cups | 3 lb | 1 qt 2 cups | 9. Top each tostada with: 1 Tbsp 1 tsp spinach/lettuce mixture 2 Tbsp carrots 1 Tbsp salsa 1 Tbsp sour cream. |
| Fat-free sour cream | 1 lb 8 oz | 3 cups | 3 lb | 1 qt 2 cups | 10. Serve one tostada. |



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.

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.

OR

Legume as Vegetable: 1/4 oz equivalent meat alternate, 1/4 cup legume vegetable, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, 1/2 cup other vegetable, and 1/2 oz equivalent grains.

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

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

Salt-free taco seasoning blend**

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

For 100 servings:

- 4 Tbsp dried onion
- 4 Tbsp chili powder
- 2 Tbsp cumin
- 2 Tbsp crushed red pepper
- 2 Tbsp garlic powder
- 1 Tbsp oregano
- 2 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 | 50 Servings | 50 Servings |
| Spinach | 6 oz | 12 oz |
| Romaine lettuce | 12 1/2 oz | 1 lb 9 oz |
| Green bell peppers | 2 lb 8 oz | 5 lb |
| Mature onions | 2 lb 4 oz | 4 lb 8 oz |
| Carrots | 2 lb 2 oz | 4 lb 4 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. | 50 Servings: about 23 lb 8 oz | 50 Servings: 50 tostada pizzas |
| | 100 Servings: about 48 lb | 100 Servings: 100 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 |