



# Pizza Cup with Cheese

## USDA Recipe for Schools

Whole grain-rich pizza dough and vegetables are baked in a muffin tin and topped with cheese. Pizza sauce is served on the side for dipping.

### NSLP/SBP CREDITING INFORMATION

2 pizza cups with 2 Tbsp pizza sauce provide 0.5 oz equivalent meat alternate, ¼ cup red/orange vegetable, ⅛ cup additional vegetable, and 2 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Flour, whole wheat	2 lb	1 qt 3 cups	4 lb	3 qt 2 cups	<b>1</b> Place 1½ 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.
Bread flour, enriched	1 lb 10 oz	1 qt 2 cups	3 lb 4 oz	3 qt	
Yeast, active, dry	4 oz	½ cup	8 oz	1 cup	
Sugar	4 oz	½ cup	8 oz	1 cup	
Salt		2 tsp		1 Tbsp 1 tsp	
Oregano, dried		2 Tbsp 2 tsp		¼ cup 1 Tbsp 1 tsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		3 cups		1 qt 2 cups	<b>2</b> Add water and oil. Mix well for 2 minutes on medium speed. Add remaining flour to dough. Consistency should be stiff and sticky.
Canola oil		¼ cup		½ cup	
*Red bell peppers, fresh, diced	1 lb 8 oz	1 qt ½ cup	3 lb	2 qt 1 cup	<b>3</b> Add peppers, onions, egg whites, and cheese to dough. Mix well for 2 minutes on low speed.
*Onions, fresh, chopped	1 lb	3 cups 2 Tbsp	2 lb	1 qt 2¼ cups	
Egg whites	1 lb	2 cups	2 lb	1 qt	
Mozzarella cheese, low-fat, low-moisture, part-skim, shredded	2 lb 4 oz	2 qt 3 cups	4 lb 8 oz	1 gal 1 qt 2 cups	
					<b>4</b> Cover dough in a large bowl and let rest for 10 minutes.
					<b>5</b> Lightly coat a muffin pan (20½" x 14") with pan release spray. Using a No. 16 scoop, portion ¼ cup (about 2 oz) dough into each muffin cup. For 50 servings, use 6 muffin pans. For 100 servings, use 12 muffin pans.
					<b>6</b> Bake until golden brown: Conventional oven: 375 °F for 17–20 minutes. Convection oven: 325 °F for 10–15 minutes.
					<b>7</b> Critical Control Point: Hold for hot service at 135 °F or higher.
					<b>8</b> While pizza cups are baking, begin making pizza sauce.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Tomato paste, canned, no salt added	1 lb	1½ cups 3 Tbsp 1 tsp (approx. ⅛ No. 10 can)	2 lb	3¼ cups 2 Tbsp 2 tsp (approx. ¼ No. 10 can)	<b>9</b> Combine tomato paste, tomato sauce, remaining oregano, garlic powder, basil, pepper, and marjoram in a large stock pot. Simmer uncovered over medium-high heat for 8–10 minutes. Stir occasionally.
Tomato sauce, canned, no salt added	3 lb 8 oz	1 qt 2¼ cups 1 Tbsp 1 tsp (½ No. 10 can)	7 lb	3 qt ½ cups 2 Tbsp 2 tsp (1 No. 10 can)	
Garlic powder		2 Tbsp		¼ cup	
Basil, dried		2 tsp		1 Tbsp 1 tsp	
Black or white pepper, ground		1 tsp		2 tsp	
Marjoram		2 tsp		1 Tbsp 1 tsp	
					<b>10</b> Critical Control Point: Heat to 135 °F for at least 15 seconds.
					<b>11</b> Critical Control Point: Hold for hot service at 135 °F.
					<b>12</b> Set tomato sauce aside for step 14.
					<b>13</b> Remove pizza cups from oven. Set aside for step 15.
					<b>14</b> Using a 1 fl oz ladle, portion 2 Tbsp pizza sauce into each soufflé cup.
					<b>15</b> Serve 2 pizza cups with 2 Tbsp pizza sauce.



**NUTRITION INFORMATION**

For 2 pizza cups with 2 Tbsp pizza sauce.

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>228</b>
<b>Total Fat</b>	<b>6 g</b>
Saturated Fat	2 g
Cholesterol	11 mg
<b>Sodium</b>	<b>351 mg</b>
<b>Total Carbohydrate</b>	<b>33 g</b>
Dietary Fiber	4 g
Total Sugars	5 g
Added Sugars included	N/A
<b>Protein</b>	<b>12 g</b>
Vitamin D	3 IU
Calcium	165 mg
Iron	2 mg
Potassium	383 mg

N/A=data not available.

**SOURCE**

USDA Standardized Recipes Project.

**MARKETING GUIDE**

<b>Food as Purchased for</b>	<b>50 Servings</b>	<b>100 Servings</b>
Mature onions	1 lb 4 oz	2 lb 8 oz
Red bell peppers	1 lb 14 oz	3 lb 12 oz

**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.

**YIELD/VOLUME**

<b>50 Servings</b>	<b>100 Servings</b>
About 9 lb 14 oz	About 19 lb 12 oz
About 1 gallon 3¾ cups/100 muffins	About 2 gallons 1 quart 3½ cups/200 muffins

