



Vegetable Pizza

USDA Recipe for Schools

This Vegetable Pizza has homemade pizza dough topped with fresh vegetables, Italian spiced pizza sauce, and cheese.

NSLP/SBP CREDITING INFORMATION

1 piece provides 0.5 oz equivalent meat alternate, ¼ cup red/orange vegetable, ¼ cup other vegetable, ⅛ cup additional vegetable, and 2 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Pourable Pizza Crust USDA Recipe for Schools					<p>1 See Pourable Pizza Crust USDA Recipe for Schools for pizza dough ingredients and directions. Prepare and bake as directed. Set aside for step 9.</p> <p>For 50 servings, use 2 sheet pans (18" x 26" x 1"). For 100 servings, use 4 sheet pans (18" x 26" x 1").</p>
Egg whites	1 lb	2 cups	2 lb	1 qt	<p>2 In a medium stock pot combine egg whites, water, and 1 cup (about 9½ oz) tomato paste. Stir well. Slowly add remaining tomato paste. Simmer uncovered over low medium heat for 3 minutes.</p>
					<p>3 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p>
Water		1 qt 3 cups		3 qt 2 cups	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canned no-salt-added tomato paste	1 lb 12 oz	3 cups (¼ No. 10 can)	3 lb 8 oz	1 qt 2 cups (½ No. 10 can)	
*Fresh onions, chopped	12 oz	2⅓ cups	1 lb 8 oz	1 qt ⅔ cup	4 Add onions, spices, garlic, salt, and pepper. Stir well. Simmer uncovered over medium heat for 15 minutes. Set aside for step 10.
Dried basil		1 Tbsp		2 Tbsp	
Dried oregano		1 Tbsp 2 tsp		3 Tbsp 1 tsp	
Dried marjoram		1 Tbsp		2 Tbsp	
Dried thyme		1 Tbsp		2 Tbsp	
Garlic powder		1 Tbsp 1½ tsp		3 Tbsp	
Salt		1 Tbsp		2 Tbsp	
Ground black or white pepper		1 tsp		2 tsp	
					5 Critical Control Point: Cool to 41 °F or lower within 4 hours.
					6 Critical Control Point: Hold at 41 °F or below.
*Fresh onions, chopped	12 oz	2⅓ cups	1 lb 8 oz	1 qt ⅔ cups	7 Combine raw onions, tomatoes, peppers, broccoli, mushrooms, squash, and zucchini in a large bowl. Stir well. Set aside for step 12.
*Fresh tomatoes, diced	1 lb 8 oz	3 cups 3 Tbsp	3 lb	1 qt 2¼ cups 2 Tbsp	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh green bell peppers, chopped	1 lb	3 cups	2 lb	1 qt 2 cups	
*Fresh broccoli, chopped	8 oz	3½ cups	1 lb	1 qt 3 cups	
*Fresh mushrooms, sliced	10 oz	3 cups	1 lb 4 oz	1 qt 2 cups	
*Fresh yellow squash, diced	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt	
*Fresh zucchini, diced	14 oz	2½ cups	1 lb 12 oz	1 qt 1 cup	
Low-fat mozzarella cheese, low-moisture, part-skim, shredded	2 lb 4 oz	2 qt 3 cups	4 lb 8 oz	1 gal 1 qt 2 cups	8 Set cheese aside for step 11.
					9 Top each pre-baked crust with the following toppings:
					10 First layer: Spread 1 qt 2 cups (about 3 lb 3 oz) tomato paste mixture on crust.
					11 Second layer: Sprinkle 1 qt 1½ cups (about 1 lb 2 oz) shredded cheese over tomato paste mixture.
					12 Third layer: Evenly distribute 2 qt 2 cups (about 2 lb 13 oz) raw vegetable mixture over cheese.
					13 Bake until heated through and cheese is melted: Conventional oven: 475 °F for 10–15 minutes. Convection oven: 425 °F for 5 minutes.
					14 Remove from oven. Let stand for 10 minutes before cutting.
					15 Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece.



NUTRITION INFORMATION

For 1 piece.

NUTRIENTS	AMOUNT
Calories	232
Total Fat	5 g
Saturated Fat	2 g
Cholesterol	11 mg
Sodium	369 mg
Total Carbohydrate	35 g
Dietary Fiber	4 g
Total Sugars	7 g
Added Sugars included	N/A
Protein	12 g
Vitamin D	3 IU
Calcium	171 mg
Iron	2 mg
Potassium	383 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Mature onions	3 lb 8 oz	7 lb
Tomatoes	1 lb 12 oz	3 lb 8 oz
Green bell peppers	1 lb 4 oz	2 lb 8 oz
Broccoli	10 oz	1 lb 4 oz
Mushrooms	10 oz	1 lb 4 oz
Yellow Squash	1 lb 6 oz	2 lb 12 oz
Zucchini	1 lb	2 lb

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

50 Servings	100 Servings
About 20 lb 2 oz	About 40 lb 4 oz
About 2 gal 2 qt ¼ cup/2 sheet pans (18" x 26" x 1")	About 5 gal ½ cup/4 sheet pans (18" x 26" x 1")

