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, ¼ cup additional vegetable, and 2 oz equivalent grains.

### INGREDIENTS

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>50 SERVINGS</th>
<th>100 SERVINGS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
</tr>
<tr>
<td>Flour, whole wheat</td>
<td>2 lb</td>
<td>1 qt 3 cups</td>
</tr>
<tr>
<td>Bread flour, enriched</td>
<td>1 lb 10 oz</td>
<td>1 qt 2 cups</td>
</tr>
<tr>
<td>Yeast, active, dry</td>
<td>4 oz</td>
<td>½ cup</td>
</tr>
<tr>
<td>Sugar</td>
<td>4 oz</td>
<td>½ cup</td>
</tr>
<tr>
<td>Salt</td>
<td>2 tsp</td>
<td>1 Tbsp 1 tsp</td>
</tr>
<tr>
<td>Oregano, dried</td>
<td>2 Tbsp 2 tsp</td>
<td></td>
</tr>
</tbody>
</table>

### DIRECTIONS

1. **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.**
### Pizza Cup With Cheese

**Ingredients**

<table>
<thead>
<tr>
<th></th>
<th>50 Servings</th>
<th>100 Servings</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
<td>Weight</td>
</tr>
<tr>
<td>Water</td>
<td>3 cups</td>
<td></td>
<td>1 qt 2 cups</td>
</tr>
<tr>
<td>Canola oil</td>
<td>¼ cup</td>
<td></td>
<td>½ cup</td>
</tr>
<tr>
<td><em>Red bell peppers, fresh, diced</em></td>
<td>1 lb 8 oz</td>
<td>1 qt ½ cup</td>
<td>3 lb</td>
</tr>
<tr>
<td><em>Onions, fresh, chopped</em></td>
<td>1 lb</td>
<td>3 cups 2 Tbsp</td>
<td>2 lb</td>
</tr>
<tr>
<td>Egg whites</td>
<td>1 lb</td>
<td>2 cups</td>
<td>2 lb</td>
</tr>
<tr>
<td>Mozzarella cheese, low-fat, low-moisture, part-skim, shredded</td>
<td>2 lb 4 oz</td>
<td>2 qt 3 cups</td>
<td>4 lb 8 oz</td>
</tr>
</tbody>
</table>

**Directions**

1. Add water and oil. Mix well for 2 minutes on medium speed. Add remaining flour to dough. Consistency should be stiff and sticky.

2. Add peppers, onions, egg whites, and cheese to dough. Mix well for 2 minutes on low speed.

3. Lightly coat a muffin pan (20 ½” 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.

4. Cover dough in a large bowl and let rest for 10 minutes.


6. Critical Control Point: Hold for hot service at 135 °F or higher.

7. While pizza cups are baking, begin making pizza sauce.
## Pizza Cup With Cheese

### INGREDIENTS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>50 SERVINGS</th>
<th>100 SERVINGS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
</tr>
<tr>
<td>Tomato paste, canned, no salt added</td>
<td>1 lb</td>
<td>1⅛ cups 3 Tbsp 1 tsp (approx. ⅛ No. 10 can)</td>
</tr>
<tr>
<td>Tomato sauce, canned, no salt added</td>
<td>3 lb 8 oz</td>
<td>1 qt 2⅔ cups 1 Tbsp 1 tsp (⅓ No. 10 can)</td>
</tr>
<tr>
<td>Garlic powder</td>
<td>2 Tbsp</td>
<td>⅛ cup</td>
</tr>
<tr>
<td>Basil, dried</td>
<td>2 tsp</td>
<td>1 Tbsp 1 tsp</td>
</tr>
<tr>
<td>Black or white pepper, ground</td>
<td>1 tsp</td>
<td>2 tsp</td>
</tr>
<tr>
<td>Marjoram</td>
<td>2 tsp</td>
<td>1 Tbsp 1 tsp</td>
</tr>
</tbody>
</table>

### DIRECTIONS

1. 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.

2. Critical Control Point: Heat to 135 °F for at least 15 seconds.

3. Critical Control Point: Hold for hot service at 135 °F.


5. Remove pizza cups from oven. Set aside for step 15.

6. Using a 1 fl oz ladle, portion 2 Tbsp pizza sauce into each soufflé cup.

7. Serve 2 pizza cups with 2 Tbsp pizza sauce.
Pizza Cup With Cheese

United States Department of Agriculture

NUTRITION INFORMATION
For 2 pizza cups with 2 Tbsp pizza sauce.

NUTRIENTS

<table>
<thead>
<tr>
<th>AMOUNT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Total Fat</td>
</tr>
<tr>
<td>Saturated Fat</td>
</tr>
<tr>
<td>Cholesterol</td>
</tr>
<tr>
<td>Sodium</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
</tr>
<tr>
<td>Dietary Fiber</td>
</tr>
<tr>
<td>Total Sugars</td>
</tr>
<tr>
<td>Added Sugars included</td>
</tr>
<tr>
<td>Protein</td>
</tr>
<tr>
<td>Vitamin D</td>
</tr>
<tr>
<td>Calcium</td>
</tr>
<tr>
<td>Iron</td>
</tr>
<tr>
<td>Potassium</td>
</tr>
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</table>

N/A=data not available.

SOURCE
USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for

<table>
<thead>
<tr>
<th>50 Servings</th>
<th>100 Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mature onions</td>
<td>1 lb 4 oz</td>
</tr>
<tr>
<td>Red bell peppers</td>
<td>1 lb 14 oz</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>50 Servings</th>
<th>100 Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>About 9 lb 14 oz</td>
<td>About 19 lb 12 oz</td>
</tr>
<tr>
<td>About 1 gallon 3¾ cups/100 muffins</td>
<td>About 2 gallons 1 quart 3½ cups/200 muffins</td>
</tr>
</tbody>
</table>