

# Vegetable Pizza - USDA Recipe D300A

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

D30A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Pourable pizza crust (B-15)					1. See B-15 for pizza dough ingredients and directions. Set aside for step 9.
Egg whites	8 oz	1 cup	1 lb	2 cups	2. In a medium stock pot combine egg whites, water, and 1 cup (about 9 1/3 oz) tomato paste. Stir well. Slowly add remaining tomato paste. Simmer uncovered over low medium heat for 3 minutes.  3. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
Water		3 1/2 cups		1 qt 3 cups	
Canned no-salt-added tomato paste	14 oz	1 1/2 cups (1/8 No. 10 can)	1 lb 12 oz	3 cups (1/4 No. 10 can)	
*Fresh onions, chopped	6 oz	1 cup 2 Tbsp 2 1/4 tsp	12 oz	2 1/3 cups	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 1/2 tsp		1 Tbsp	
Dried oregano		2 1/2 tsp		1 Tbsp 2 tsp	

Dried thyme		1 1/2 tsp		1 Tbsp	
Garlic powder		2 1/4 tsp		1 Tbsp 1 1/2 tsp	
Salt		1 1/2 tsp		1 Tbsp	
Ground black or white pepper		1/2 tsp		1 tsp	
					5. Critical Control Point: Cool to 40 °F or lower within 4 hours.
					6. Critical Control Point: Hold at 40 °F or below.
*Fresh onions, chopped	6 oz	1 cup 2 Tbsp 2 1/4 tsp	12 oz	2 1/3 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	12 oz	1 1/2 cups 1 Tbsp 1 1/2 tsp	1 lb 8 oz	3 cups 3 Tbsp	
*Fresh green bell peppers, chopped	8 oz	1 1/2 cups	1 lb	3 cups	
*Fresh broccoli, chopped	4 oz	1 3/4 cups	8 oz	3 1/2 cups	
*Fresh mushrooms, sliced	5 oz	1 1/2 cups	10 oz	3 cups	
*Fresh yellow squash, diced	10 oz	2 cups	1 lb 4 oz	1 qt	
*Fresh zucchini, diced	7 oz	1 1/4 cups	14 oz	2 1/2 cups	
Low-fat mozzarella cheese, low-	1 lb 2 oz	1 qt 1 1/2 cups	2 lb 4 oz	2 qt 3 cups	8. Set cheese aside for step 11.

9. Top each prebaked 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 1 1/2 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:
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 (2" x 3 3/4" square).

## 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

## Serving

NSLP/SBP Crediting Information: 1 piece provides 1 oz equivalent meat/meat alternate, 1/4 cup red/orange vegetable, 1/4 cup other vegetable, 1/8 cup additional vegetable, and 2 oz equivalent grains.

CACFP Crediting Information: 1 piece provides 1 oz meat/meat alternate, 5/8 cup vegetable, and 2 servings grains/bread.

<b>Marketing Guide</b>		
<b>Food as Purchased for</b>	<b>25 Servings</b>	<b>25 Servings</b>
Mature onions	1 lb 12 oz	3 lb 8 oz
Tomatoes	14 oz	1 lb 12 oz
Green bell peppers	10 oz	1 lb 4 oz
Broccoli	5 oz	10 oz
Mushrooms	5 oz	10 oz
Yellow squash	11 oz	1 lb 6 oz
Zucchini	8 oz	1 lb

Serving	Yield	Volume
See Notes	<p><b>25 Servings:</b> about 10 lb 1 oz</p> <p><b>50 Servings:</b> about 20 lb 2 oz</p>	<p><b>25 Servings:</b> about 1 gallon 1 quart 1/8 cup / 1 sheet pan (18" x 26" x 1")</p> <p><b>50 Servings:</b> about 2 gallons 2 quarts 1/4 cup / 2 sheet pans (18" x 26" x 1")</p>

Nutrients Per Serving					
Calories	232	Saturated Fat	2 g	Iron	2 mg
Protein	12 g	Cholesterol	11 mg	Calcium	171 mg
Carbohydrate	35 g	Vitamin A	597 IU	Sodium	369 mg
Total Fat	5 g	Vitamin C	16 mg	Dietary Fiber	4 g