



Pizza Cup With Cheese USDA Recipe for CACFP

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.

CACFP CREDITING INFORMATION

Two pizza cups with 2 Tbsp of tomato sauce provide 0.5 oz equivalent meat alternate, ³/₈ cup vegetable, and 2 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Flour, whole-wheat	1 lb	3½ cups	2 lb	1 qt 3 cups	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.
Bread flour, enriched	13 oz	3 cups	1 lb 10 oz	1 qt 2 cups	
Yeast, active, dry	2 oz	¼ cup	4 oz	½ cup	
Sugar	2 oz	¼ cup	4 oz	½ cup	
Salt		1 tsp		2 tsp	
Oregano, dried		1 Tbsp 1 tsp		2 Tbsp 2 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		1½ cups		3 cups	2 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		2 Tbsp		¼ cup	
*Red bell peppers, fresh, diced	12 oz	2¼ cups	1 lb 8 oz	1 qt ½ cup	3 Add peppers, onions, egg whites, and cheese to dough. Mix well for 2 minutes on low speed.
*Onions, fresh, chopped	8 oz	1½ cups 1 Tbsp	1 lb	3 cups 2 Tbsp	
Egg whites	8 oz	1 cup	1 lb	2 cups	
Mozzarella cheese, low-fat, low-moisture, part-skim, shredded	1lb 2 oz	1 qt 1½ cups	2 lb 4 oz	2 qt 3 cups	
					4 Cover dough in a large bowl and let rest for 10 minutes.
					5 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 25 servings, use 3 muffin pans. For 50 servings, use 6 muffin pans.
					6 Bake until golden brown: Conventional oven: 375 °F for 17–20 minutes. Convection oven: 325 °F for 10–15 minutes.
					7 Critical Control Point: Hold for hot service at 140 °F or higher.
					8 While pizza cups are baking, begin making sauce.



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Tomato paste, canned, no salt added	8 oz	¾ cup 1 Tbsp 2 tsp	1 lb	1½ cups 3 Tbsp 1 tsp (approx. ⅛ No. 10 can)	<p>9 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.</p>
Tomato sauce, canned, no salt added	1 lb 12 oz	3 cups 2 Tbsp 2 tsp (¼ No. 10 can)	3 lb 8 oz	1 qt 2¼ cups 1 Tbsp 1 tsp (½ No. 10 can)	
Garlic powder		1 Tbsp		2 Tbsp	
Basil, dried		1 tsp		2 tsp	
Black or white pepper, ground		½ tsp		1 tsp	
Marjoram		1 tsp		2 tsp	
					11 Critical Control Point: Hold for hot service at 140 °F.
					12 Set tomato sauce aside for step 14.
					13 Remove pizza cups from oven. Set aside for step 15.
					14 Using a 1 fl oz ladle, portion 2 Tbsp pizza sauce into each soufflé cup.
					15 Serve 2 pizza cups with 2 Tbsp pizza sauce.



NUTRITION INFORMATION

For 2 pizza cups with 2 Tbsp pizza sauce.

NUTRIENTS	AMOUNT
Calories	228
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Total Fat	6 g
Saturated Fat	2 g
Cholesterol	11 mg
Sodium	351 mg
Total Carbohydrate	33 g
Dietary Fiber	4 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	12 g
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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

Food as Purchased for	25 Servings	50 Servings
Mature onions	10 oz	1 lb 4 oz
Red bell peppers	15 oz	1 lb 14 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

25 Servings	50 Servings
About 4 lb 15 oz	About 9 lb 14 oz
About 2 qt 1¾ cups 2 Tbsp/50 muffins	About 1 gal 3¾ cups/100 muffins