Dry Beans and Peas

A delicious combination of pizza and taco, this recipe is made with whole-grain tostada shells, refried beans, shredded cheese, and a stack of colorful veggies.

Eagle Pizza

BYARS ELEMENTARY SCHOOL
Byars, Oklahoma

Our Story

Byars Elementary School is located approximately an hour southeast of Oklahoma City. It is one of the few pre-kindergarten through 8th grade schools in the State. Byars is an old railroad town that was a thriving community in the early 1900s. The train is gone but the locomotion energy prevails as when community members teamed up with the school to pursue the recipe challenge. During the development phase, the recipe challenge team decided to name their creation after the school mascot. Taste-tested by the student body, Eagle Pizza was a winner.

Eagle Pizza will give kids the power and energy they need for a busy day. Take your meals to the top by offering Eagle Pizza, and your students will soar like an eagle when they choose this yummy main dish!

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Vickie Spray

CHEF
Ruth Burrows, DTR

COMMUNITY MEMBER
Sandra Walck (past School Board Member)

STUDENTS
Gracie S., Braden P., Shawn M., Shawn T., and Travis W.

Eagle Pizza

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Starchy Vegetable-Other Vegetable-Grains **Main Dishes D-61r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh spinach, julienne sliced	2 ½ oz	2 cups	5 oz	1 qt	1. Combine lettuce and spinach in bowl. Set aside.
*Fresh romaine lettuce, julienne sliced	4 oz	2 cups	8 oz	1 qt	
Salt-free chili-lime seasoning blend OR Salt-free taco seasoning blend (See Notes Section)		3 Tbsp OR 3 Tbsp		¼ cup 2 Tbsp OR ¼ cup 2 Tbsp	2. Mix salt-free seasoning and beans. Set aside.
Canned low-sodium refried pinto beans, fat-free	3 lb 14 oz	1 qt 2 ¾ cups (½ No. 10 can)	7 lb 12 oz	3 qt 1 ½ cups (1 ¼ No. 10 cans)	
*Fresh green bell peppers, diced	1 lb	3 cups	2 lb	1 qt 2 cups	3. Sauté green peppers, onions, and corn for 3-4 minutes in a pan coated with pan release spray. Set aside.
*Fresh onions, diced	1 lb	3 cups 2 Tbsp	2 lb	1 qt 2 ¼ cups	
Canned low-sodium corn, drained, rinsed	1 lb 11 oz	3 ¾ cups (½ No. 10 can)	3 lb 6 oz	1 qt 2 cups (1 No. 10 can)	
Tostada shells (round) (0.5 oz each)		25		50	4. Portion beans with No. 16 scoop (¼ cup) on each tostada shell. Spread evenly.
Reduced-fat Mexican cheese blend, shredded	8 oz	2 cups	1 lb	1 qt	5. Top with ⅓ cup vegetable mixture. Sprinkle with 1 Tbsp cheese.
					6. Place tostadas on a sheet pan (18" x 26" x 1") lightly coated with pan release spray. For 25 servings, use 2 pans. For 50 servings, use 4 pans. Bake until cheese is melted: Conventional oven: 350 °F for about 5 minutes Convection oven: 350 °F for about 3 minutes Critical Control Point: Heat to 140 °F or higher for at least 15 seconds. 7. Critical Control Point: Hold for hot service at 135 °F or higher.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Eagle Pizza

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Starchy Vegetable-Other Vegetable-Grains **Main Dishes D-61r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh carrots, shredded	12 oz	3 ¾ cups	1 lb 8 oz	1 qt 3 ½ cups	8. Top each tostada with: 1 Tbsp 1 tsp spinach/lettuce mixture 2 Tbsp carrots 1 Tbsp salsa 1 Tbsp sour cream Serving suggestion: serve toppings in individual soufflé cups
Low-sodium salsa, mild	12 oz	1 ½ cups	1 lb 8 oz	3 cups	
Fat-free sour cream	12 oz	1 ½ cups	1 lb 8 oz	3 cups	
					9. Serve one tostada pizza.

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Eagle Pizza

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Starchy Vegetable-Other Vegetable-Grains **Main Dishes D-61r**

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Salt-free taco seasoning blend

For 25 servings:
1 Tbsp dried onion
1 Tbsp chili powder
1 ½ tsp cumin
1 ½ tsp crushed red pepper
1 ½ tsp garlic powder
¾ tsp oregano
1 ½ tsp cornstarch

For 50 servings:
2 Tbsp dried onion
2 Tbsp chili powder
1 Tbsp cumin
1 Tbsp crushed red pepper
1 Tbsp garlic powder
1 ½ tsp oregano
1 Tbsp cornstarch

Combine all ingredients. Store in airtight container.

*If using immediately, do not add cornstarch.

TIP: Prepare one tostada pizza using exact measurements and use it as a guide to assemble remaining pizzas.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	25 servings	50 servings
Spinach	3 oz	6 oz
Romaine lettuce	6 ¼ oz	12 ½ oz
Green bell peppers	1 lb 4 oz	2 lb 8 oz
Mature onions	1 lb 2 oz	2 lb 4 oz
Carrots	1 lb 1 oz	2 lb 2 oz

Nutrients Per Serving

Calories	205.96	Saturated Fat	2.16 g	Iron	1.78 mg
Protein	8.86 g	Cholesterol	6.85 mg	Calcium	172.57 mg
Carbohydrate	32.20 g	Vitamin A	3226.56 IU (177.20 RAE)	Sodium	289.72 mg
Total Fat	5.69 g	Vitamin C	20.38 mg	Dietary Fiber	5.99 g

Serving	Yield	Volume
1 tostada pizza provides: **Legume as Meat Alternate:** 1 ¼ oz equivalent meat alternate, ⅛ cup red/orange vegetable, ⅛ cup starchy vegetable, ½ cup other vegetable, and ½ oz equivalent grains. OR **Legume as Vegetable:** ¼ oz equivalent meat alternate, ¼ cup legume vegetable, ⅛ cup red/orange vegetable, ⅛ cup starchy vegetable, ½ cup other vegetable, and ½ oz equivalent grains. *Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.*	25 Servings: about 12 lb 50 Servings: about 23 lb 8 oz	25 Servings: 25 tostada pizzas 50 Servings: 50 tostada pizzas