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. The recipe challenge team decided to name their creation after the school mascot. Members of the community teamed up with the school to pursue the challenge with Eagle Pride! 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. This versatile recipe can easily be made with help from the kids. Eagle Pizza is a tasty choice that will make your sense of pride soar like an eagle when they smile over this yummy combination of pizza and taco!

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.

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

Ingredients

½ cup Fresh spinach, julienne cut "shoestring strips"

½ cup Fresh romaine lettuce, julienne cut "shoestring strips"

2 ¼ tsp Salt-free chili-lime seasoning blend*

1 ¾ cups Canned low-sodium refried beans, fat-free

¾ cup Fresh green bell pepper, seeded, diced

¾ cup Fresh onions, peeled, diced

1 ¼ cups Canned low-sodium corn, drained, rinsed

6 Whole-grain tostada shells

6 Tbsp Reduced-fat Mexican cheese blend, shredded (1 ½ oz)

1 cup Fresh carrots, peeled, shredded

½ cup Low-sodium salsa, mild

½ cup Fat-free sour cream

Preparation Time: 25 minutes
Cooking Time: 10 minutes
Makes six Tostada Pizzas

Directions

1. Preheat oven to 350 °F.

2. Combine spinach and lettuce in bowl and set aside.

3. In a medium mixing bowl, combine salt-free seasoning blend and refried beans. Set aside.

4. In a small skillet, coated with nonstick cooking spray, cook green peppers, onions, and corn for 3-4 minutes. Set aside.

5. For each pizza, place ¼ cup of bean filling on tostada shell. Spread mixture evenly using the back of a spoon. Top with ⅓ cup sautéed vegetable mixture. Lightly sprinkle 1 Tbsp of cheese on top.

6. Place tostadas on a large baking sheet coated with nonstick cooking spray. Bake until cheese is melted, about 2 minutes.

7. Remove tostadas from oven. Top each tostada with:
About 1 Tbsp spinach/lettuce mixture
About 2 ½ Tbsp carrots
About 1 Tbsp salsa
About 1 Tbsp sour cream

Serve immediately.

Nutrients Per Serving: Calories **206,** Protein **9 g,** Carbohydrate **32 g,** Dietary Fiber **6 g,** Total Fat **6 g,** Saturated Fat **2 g,** Cholesterol **7 mg,** Vitamin A **3227 IU (177 RAE),** Vitamin C **20 mg,** Iron **2 mg,** Calcium **173 mg,** Sodium **290 mg**

Directions for Eagle Pizza (continued)

*If desired, use 2 ¼ tsp Salt-Free Taco Seasoning Blend in place of salt-free chili-lime seasoning.

Salt-Free Taco Seasoning Blend

1 tsp dried onion

1 tsp chili powder

½ tsp ground cumin

½ tsp crushed red pepper

½ tsp garlic powder

¼ tsp oregano

½ tsp cornstarch

Combine all ingredients. If using immediately do not add cornstarch. Store in an airtight container.

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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.