

Pizza-In-A-Pocket

Meat-Vegetable-Grains/Breads

Sandwiches

F-04

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Tomato paste	8 oz	1 cup	1 lb	2 cups	1. In a pot, combine tomato paste, water, sugar, basil, oregano, salt, garlic, and beef stock. Simmer uncovered for 30 minutes. 2. Cut each pita in half. Open each half to form a pocket. 3. Stuff the inside of each half-pita with 1/4 slice (1/4 oz) of cheese, 1/2 slice (1/2 oz) of turkey ham, and 1 Tbsp of sauce from Step 1. 4. Place 10 filled half-pitas on each paper-lined half-sheet pan (18" x 13" x 1"). Cover with foil and seal. 5. To Bake: Conventional Oven: 400 degrees F, 10 minutes Convection Oven: 375 degrees F, 7 minutes Bake until thoroughly heated. CCP Heat to 165 degrees F or higher for at least 15 seconds. 6. CCP Hold for hot service at 140 degrees F or higher.
Water		3/4 cup		1 1/2 cups	
Sugar		1 1/2 tsp		1 Tbsp	
Dry basil leaves		1/4 tsp		1/2 tsp	
Dry oregano leaves		1/4 tsp		1/2 tsp	
Salt		1/4 tsp		1/2 tsp	
Granulated garlic		1/4 tsp		1/2 tsp	
Beef stock		3/4 cup		1 1/2 cups	
Pita pockets, 6 1/2" diameter, 2-oz each		13 each		26 each	
Lowfat mozzarella cheese, 1-oz slices	7 oz		14 oz		
Turkey ham, 1-oz slices	13 oz		1 lb 10 oz		

SERVING:	YIELD:	VOLUME:
1/2 pita provides the equivalent of 3/4 oz of cooked lean meat, 1/8 cup of vegetable, and the equivalent of 1 slice of bread	25 Servings: 3 lb 13 oz 50 Servings: 7 lb 10 oz	25 Servings: 50 Servings:

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Special Tip:

A variety of fresh vegetables (such as broccoli, carrots, green peppers, mushrooms, and summer squash) can be substituted for the turkey ham and cheese.

Nutrients Per Serving					
Calories	134	Saturated Fat	1.1 g	Iron	1.4 mg
Protein	8 g	Cholesterol	13 mg	Calcium	83 mg
Carbohydrate	20 g	Vitamin A	37 RE/273 IU	Sodium	419 mg
Total Fat	2.4 g	Vitamin C	5 mg	Dietary Fiber	1 g