SMART SWAPS



ITALIAN PEPPERONI STACKER

Recipe Project Name/Written By:	American Dairy Association Mideast
Recipe Category:	Lunch, Grab & Go, Speed Scratch
Cooking Process:	#1 No Cook
Prep Time:	1 hour
Cook Time:	0 minutes
Total Time:	1 hour
K-12 Portion Size:	10 ounces

Meal Pattern Contribution: 1.5 oz eq m/ma, 1/2 cup other vegetable

INGREDIENTS	24 Servings		48 Servings		DIRECTIONS
	Weight	Measure	Weight	Measure	
YOGURT SAUCE:					1. Thaw spinach overnight in a perforated pan set over a solid pan.
Yogurt, plain, low-fat	4 lb 12 oz	2 qt + 1 c	9 lb 8 oz	1 gal + 2 c	***CCP: Hold at 41° F or below.***
Red wine vinegar		1/4 c		1/2 c	***CCP: No bare hand contact with ready to eat food.***
Italian seasoning, no salt added		2 Tbsp		1/4 c	2. **Prepare yogurt sauce.** In a large bowl or container, whisk together yogurt, vinegar, Italian seasoning, and garlic until thoroughly combined. Refrigerate at least 3 hours to allow flavors to develop.
Garlic powder		1 1/2 tsp		1 Tbsp	***CCP: Hold at 41° F or below.***
PESTO PASTE:					3. **Prepare pesto paste.** Press spinach to drain as much as possible. Blend drained spinach, yogurt, and pesto until smooth. Refrigerate at least 3 hours to allow flavors to develop.
Spinach, frozen	2 lb 2 oz	2 qt	4 lb 4 oz	1 gal	***CCP: Hold at 41° F or below.***
Yogurt, plain, low-fat	1 lb 10 oz	3 c	3 lb 4 oz	1 qt + 2 c	4. In a separate large bowl or container, combine zucchini, onion, and bell pepper.
Pesto	6.35 oz	1 c	12.7 oz	2 c	5. In a 12 oz cup, layer: -#8 disher yogurt -#8 disher pesto paste -#8 disher veggie mixture -0.75 oz pepperoni
STACKER TOPPINGS:					***CCP: Hold and serve at 41° F or below.***
Zucchini, diced 1/2"	14.5 oz	3 c	1 lb 13 oz	1 qt + 2 c	***CCP: No bare hand contact with ready to eat food.***
Onion, red, diced 1/4"	8 oz	1 1/2 c	1 lb	3 c	6. Serve one cup per student.
Bell pepper, any color, diced	8 oz	1 1/2 c	1 lb	3 c	
Turkey pepperoni, diced, low-sodium	1 lb 3 oz		2 lb 6 oz		

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NUTRITION INFORMATION	
Serving Size	10 oz
NUTRIENTS	**AMOUNT**
Calories	**183**
Total Fat	**9 g**
Saturated Fat	3 g
Cholesterol	**24 mg**
Sodium	**465 mg**
Total Carbohydrate	**14 g**
Dietary Fiber	2 g
Total Sugars	10 g
Added Sugars	0.5 g
Protein	**13 g**
Vitamin D	0.01 mcg
Calcium	256 mg
Iron	0.6 mg
Potassium	379 mg

N/A=data not available.

ALLERGENS: Milk

Allergen and nutrient information may vary based on the specific products and ingredients used on site.

*MARKETING GUIDE

Food as Purchased for	24 Servings	48 Servings
Squash, summer, fresh, zucchini	15 oz	1 lb 14 oz
Onions, mature, fresh	9 oz	1 lb 2 oz
Peppers, bell, fresh	10 oz	1 lb 4 oz

NOTES

*See Marketing Guide for AP (As Purchased) weights when EP (Edible Portion) weights are provided in the recipe.

YIELD/VOLUME

24 Servings	48 Servings
N/A	N/A

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