

Student Name	
Today's Date	
Recipe Name PIZZA DOUGH	
Recipe Date	
Yield (No. of Portions)	4 pizza crusts
Total Recipe Cost	\$0.70
Food Cost per Portion	\$0.18/pizza crust

Ingredients	Recipe Quantity	Adjustment: Vol. To Wt. Wt. To Wt.	Cost Per Pack	Pack Size or Cost Unit	Cost Per AP Unit	Cost Per AP Unit	Yield %	Cost Per EP Unit	Recipe Cost
AP flour	3.25 cups	14.95 oz	\$2.56	5 lb	\$0.512/lb	\$0.032/oz	95	\$0.0337/oz	\$0.50
Yeast, active dry	1 tsp	0.125 oz	\$4.58	4 oz		\$1.145/oz	95	\$1.2052/oz	\$0.15
Oil	2 Tbsp	1 fl. oz.	\$2.38	48 fl oz		\$0.0496/oz	95	\$0.0522/oz	\$0.05
Water	1 cup								n/a
								TOTAL	\$0.70

Student Name	
Today's Date	
Recipe Name	MOST AMAZING TOMATO SAUCE
Recipe Date	
Yield (No. of Portions)	4 cups/For 4 pizzas
Total Recipe Cost	\$7.91
Food Cost per Portion	\$1.98

Ingredients	Recipe Quantity	Adjustment: Vol. To Wt. Wt. To Wt.	Cost Per Pack	Pack Size or Cost Unit	Cost Per AP Unit	Cost Per AP Unit	Yield %	Cost Per EP Unit	Recipe Cost
Garlic, sliced	1 cup	4.8 oz	\$9.95	Lb		\$0.6219/oz	88.1	\$0.7059/oz	\$3.39
Tomato, diced, canned	4 lbs	64 oz	\$0.98	28 oz		\$0.035	95	\$0.0368/oz	\$2.36
EVOO	¾ cup	6 fl oz	\$15.58	47.3 fl oz		\$0.3294/fl oz	95	\$0.3467/fl oz	\$2.08
Salt, kosher	1 tsp	0.196 oz	\$6.86	6 lb	\$1.1433/lb	\$0.0715/oz	95	\$0.0752/oz	\$0.01
Peppercorns, black	1 tsp	0.083 oz	\$12.33	Lb		\$0.7706/oz	95	\$0.8112/oz	\$0.07
								TOTOL	\$7.91

Student Name	
Today's Date	
Recipe Name	VEG PIZZA WITH TOMATO SAUCE
Recipe Date	
Yield (No. of Portions)	4 pizzas
Total Recipe Cost	\$14.24
Food Cost per Portion	\$3.56

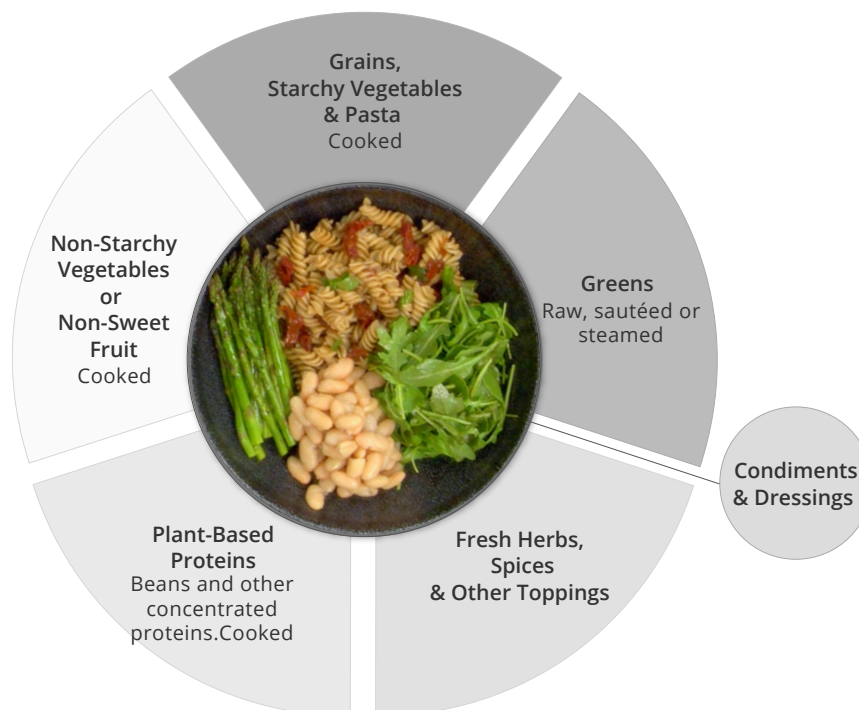
Ingredients	Recipe Quantity	Adjustment: Vol. To Wt. Wt. To Wt.	Cost Per Pack	Pack Size or Cost Unit	Cost Per AP Unit	Cost Per AP Unit	Yield %	Cost Per EP Unit	Recipe Cost
Dough									\$0.70
Tomato sauce									\$7.91
Toppings									\$5.63
								TOTAL	\$14.24

Student Name
Today's Date
Recipe Name
Recipe Date
Yield (No. of Portions)
Portion Size
Food Cost per Portion

Ingredients	Recipe Quantity	Adjustment: Vol. To Wt. Wt. To Wt.	Cost Per Pack	Pack Size or Cost Unit	Cost Per AP Unit	Cost Per AP Unit	Yield %	Cost Per EP Unit	Recipe Cost

Meals in Bowls

Meals in bowls are a quick and easy way to eat nutrient-dense, delicious meals. They're also a great way to stretch meals or use up leftover ingredients. To create a meal in a bowl, choose one ingredient from each category. Consider seasonality, availability of ingredients—and of course, your preferences.



Plant-Based Proteins	Grains, Starchy Vegetables & Pasta	Greens	Non-Starchy Vegetables or Non-Sweet Fruit	Fresh Herbs, Spices & other Toppings	Condiments & Dressings
Beans (red, adzuki, kidney , white, cannellini, navy, soy)	Whole Grains (amaranth, barley, buckwheat, bulgur, corn, faro, grano, kamut, millet, oats, quinoa, rice, rye, sorghum, spelt, teff, triticale, wheat, wild rice)	Sprouts (alfalfa, buckwheat, clover, fenugreek, pea shoots, sunflower and various bean sprouts)	Non-Starchy Vegetables (artichokes, asparagus, broccoli, Brussels sprouts, cauliflower, celery, daikon, fennel, hearts of palm, jicama, mushrooms, onions, radishes, snow peas, sugar snap peas)	Fresh Herbs (basil, chervil, cilantro, dill, mint, parsley)	Condiments (chutney, pesto, pickles, salsa, tapenade)
Green beans (Lima, split peas)	Starchy Vegetables (butternut or other winter squash, sweet potato, potato)	Delicate Greens (arugula, butter lettuce, oak leaf, romaine)	Non-Sweet Fruit (avocado, bell peppers, cucumber, eggplant, tomatoes, zucchini)	Spices & Toppers (Fresh & Dried) (chives, chilis, garlic, ginger, green onions, ground raw flax meal, nutritional yeast, raw or toasted nuts, seeds, spice blends)	Dressing of Choice (creamy or vinegar-based)
Lentils	Pasta (gluten-free pasta, whole-grain pasta, rice noodles)	Dark Greens (bok choy, cabbage, chard, collards, kale of all kinds, mizuna, spinach, tatsoi, watercress)			Acid & Salt (braggs, citrus, hot sauce, tamari, vinegar)
Nuts & Seed-based Pâtés					
Concentrated Proteins (faux meat products, seitan, tempeh, tofu)					



<https://rouxbe.com>