

Apple Pizza Strudel

22 Servings

This new world strudel is comfort food at its best. It's Apple, Spinach, and White Bean Pizza with a Twist. Watch it disappear!

Recipe created by Chef David Stroka, Chef Manager, Binghamton City School District, for the Cool School Food Program of the New York Coalition for Healthy School Food (www.healthyschoolfood.org).

Ingredients:

- 1 teaspoon olive oil + ½ teaspoon for brushing
- 2 tablespoons garlic, chopped (NYS farm product)
- 1 ½ cup yellow onions, diced (NYS farm product)
- 2 pounds apples, small dice, not peeled (NYS farm product)
- 5 ½ cups dry white beans, soaked and cooked until tender (11 cups cooked) (NYS farm product)
- 4 cups chopped kale or spinach (if frozen, thaw and drain) (NYS farm product)
- 3 tablespoons fresh sage (optional) (NYS farm product)
- 2 cups quick rolled oats
- 1 ½ teaspoon salt
- ¼ teaspoon pepper
- 1 teaspoon nutmeg (optional)
- 1 Delorrio whole wheat 22 ounce pizza dough or 18 x 12 inch rectangular whole grain pre-made crust
- 2 tablespoons sesame seeds



Photo by NYCHSF

Preparation:

1. Sauté garlic in olive oil until golden.
2. Add onions and cook until caramelized.
3. Remove to bowl; add all remaining ingredients except pizza crust and sesame seeds to onion/garlic mixture.
4. Mix well, mixture should resemble stuffing.
5. Roll dough into a 18 x 12 inch rectangular shape, or larger, in order to accommodate all of the filling. Rolling the dough very thin results in a pastry like effect.
6. Arrange filling along 18" side of pizza dough and roll, folding ends under.

7. Place on greased sheet with seam side down.
8. Brush with remaining olive oil and sprinkle with sesame seeds.
9. Bake at 400 F for 20 minutes or until golden.
10. Cool on rack.
11. Slice in 22 equal portions by cutting lengthwise down the middle. Then make 10 crosswise cuts to equal 22 servings.

HACCP: Always wash hands prior to handling food. Wear disposable gloves while handling food. Follow HACCP defrosting and holding procedures.

For one serving:

1 slice, or 1/22th of entire roll

Nutrition Information:

Calories: 143
Total Fat: 1.6g
Saturated Fat: 0.0g
Trans Fat: 0.0g
Protein: 6.8g
Sodium: 135mg
Cholesterol: 0mg

Contributes to NSLP meal pattern:

2 M/MA, ¼ cup Vegetable; 1 Grain/Bread; ¼ cup Fruit

Meets Alliance criteria for whole grains and contributes ¼ cup vegetable to daily fruit/vegetable total.