

BAY BROKERAGE PRESENTS

Profit Potential		
Food Cost	Menu Price	Profit
\$3.48	\$8.99	\$5.51

# Spinach Red Pepper Calamari Pizza



Item Description	Amount	Cost
King & Prince Cooked Calamari	4 oz	\$0.44
Red Bell Peppers cut into strips	2 oz	\$0.50
Chopped Onion	2 oz	\$0.10
Minced Garlic	1 tbs	\$0.10
Kikkoman Lite Soy Sauce	2 tsp	\$0.10
Spinach Leaves	1 cup	\$0.13
Rich Products 12" Pizza Dough Crusts	1 each	\$2.00
DFA Shredded Mozzarella Cheese	3 oz	\$0.11

*Heat oil; add red pepper strips, onions, garlic and soy sauce; stir-fry until vegetables are tender, about 10 minutes. Add spinach leaves and cook until spinach is wilted; remove from heat and add calamari. Place pizza dough onto lightly oiled pizza pans; spread mozzarella cheese over crusts; sprinkle with Italian seasoning. Evenly spread calamari/vegetable mixture over cheese; top with parmesan cheese; garnish with pine nuts. Bake in preheated 425F oven until crust is browned, about 15 minutes. Cut pizza round into fourths. Serve 1 wedge per serving.*

