



KIDS IN THE KITCHEN

Session Two

Pizza Party

Classes featured: Pizza Party

The sooner we get kids engaged in the kitchen, the more likely they are to fold healing, wholesome foods into their diets for a lifetime. These classes will get them excited about making dishes they already love while we quietly remove the artificial ingredients and add in a few extra veggies.

MENU:

Pizza with homemade sauce and all the toppings

Before you start: Session Two

EQUIPMENT LIST

To help keep pace with the chef and other students, we recommend that you have all the equipment from the following list clean, ready, and within reach before class begins.

- 1 cutting board
- 1 chef knife
- 1 medium mixing bowl
- Measuring cups and spoons
- Tasting spoons
- 1 sanitizer towel with sanitizer solution
(1 Tbsp of bleach mixed with 4 cups of water)
- 1 saucepan
- 1 soft spatula
- 2 baking sheets
- 1 tongs
- Food processor with shredder attachment or box grater

ADVANCED PREP LIST

Please complete the following items before class begins.

- Wash all produce items.

SHOPPING LIST

Produce	Dry	Meat	Dairy
1 bunch green onion	Olive oil	Pepperoni *	Mozzarella, shredded *
1 large tomato *	1 tsp garlic powder	Sausage *	Cheddar, shredded *
1 small pineapple *	2 tsp salt	Canadian bacon *	Parmesan *
1 bell pepper *	4 cups tomato puree		
4 oz mushrooms *	1 1/2 Tbsp Italian seasoning		
1/2 head broccoli *	Olives, sliced *		
1 zucchini *			

* Optional toppings: Pick and choose which ones you want to add.

Quick and Easy Pizza Sauce

YIELD: 16 SERVINGS



INGREDIENTS

- 2 Tbsp olive oil
- ½ cup green onion, sliced
- ½ tsp garlic powder
- ½ tsp salt, kosher
- 1½ Tbsp Italian seasoning
- 1 Tbsp dry basil
- ¼ tsp ground fennel
- 4 cups tomato purée

DIRECTIONS

1. Heat olive oil (2 Tbsp) in a saucepan over medium heat.
2. Add the green onion (½ cup) and garlic powder (½ tsp). Cook for about five minutes.
3. Add the salt (½ tsp), Italian seasoning (1½ Tbsp), dry basil (1 Tbsp), and ground fennel (¼ tsp), and cook for another three minutes.
4. Add the tomato purée (4 cups). Bring up to a simmer. Cook for about 20 minutes.
5. Adjust salt to taste. Use the sauce as is, or purée with a blender or food processor.

Toppings

All toppings are optional. Choose all your favorites, but don't forget the veggies!

VEGGIES

- Broccoli, chopped small
- Bell pepper, diced
- Mushrooms, sliced
- Olives, sliced
- Onion, diced
- Pineapple, diced
- Tomatoes, sliced
- Zucchini, diced

MEAT

- Canadian bacon
- Pepperoni
- Sausage

DAIRY

- Cheddar cheese, shredded
- Mozzarella cheese, shredded
- Parmesan cheese, finely shredded