

**Jr. Chef Club
Munch on Lunch
Lesson 5**

Cooking Table Notes

Very Veggie Pizza

Use one-half of an English muffin per student (12 English muffins for 24 students).

Make the pizza sauce and pre-slice the English muffins before the students get involved. (The muffins ended up in pieces when the kids tried to open them up on their own.) Other than that, this is pizza; it's hard to go wrong. Let the kids have fun. They sometimes get preoccupied with exact measurements, but for the sake of time, tell them that one scoop of sauce with a tablespoon is accurate enough. Don't have kids level and scrape out sauce for each pizza. Put a little bit of each topping on every pizza. If they complain, remind them that it's easy to pick off the toppings later.

Ingredients:

- 12 whole wheat English muffins, split open
- 2 batches pizza sauce*
(about 1 tablespoon per muffin half)
- 3 cups grated mozzarella cheese
(about 2 tablespoons per muffin half)
- 2 4-ounce cans sliced olives, drained
- 1 green pepper, thinly sliced
- 20-25 small mushrooms, sliced
- 1 15-ounce can pineapple tidbits, drained
- 1 15-ounce can black beans, drained

Directions:

1. Make pizza sauce (recipe below).
2. Spread about 1 tablespoon pizza sauce on each English muffin half.
3. Sprinkle about 2 tablespoons of grated mozzarella cheese on each English muffin half.
4. Divide toppings evenly among pizzas.
5. Broil in a toaster oven for 5 minutes or bake in oven at 350° for 10 minutes or until heated through and cheese is bubbly.
6. Remove from oven, cool slightly. Serve.

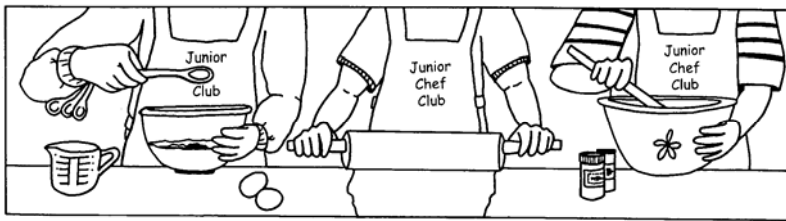
*** Pizza Sauce**

Double the Pizza Sauce recipe to make enough for 25 students (1 tablespoon per English muffin half).

- 1 6-ounce can tomato paste
- 1 8-ounce can tomato sauce
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/8 teaspoon sugar

Directions:

1. Place all ingredients for the pizza sauce in a small bowl.
2. Stir until all are mixed together.



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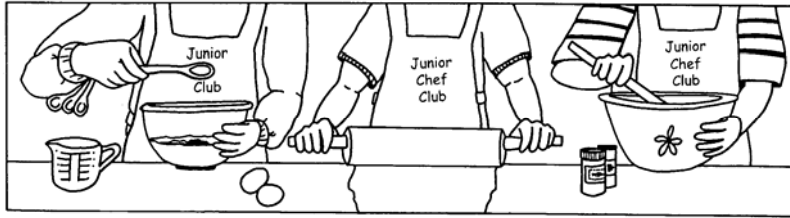
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Pizza Sauce

Ingredients:

- 2 6-ounce can tomato paste
- 2 8-ounce can tomato sauce
- 2 teaspoon dried oregano
- 2 teaspoon dried basil
- 1/4 teaspoon sugar

Directions:

1. Place all ingredients for the pizza sauce in a small bowl.
2. Stir until all are mixed together.