

# - JR. CHEF CLUB -

## NEWS PARENTS CAN USE

Lesson 5

Jr. Chefs Munch on Lunch

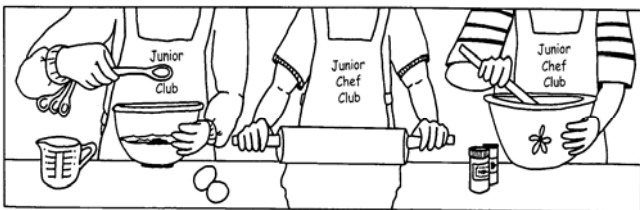
Very Veggie Pizza



### Lunchtime!

Lunch was on the menu today in the Jr. Chef Club. Your Jr. Chef learned how to make quick mini-pizzas loaded with vegetables.

It costs less to make your own pizza than to buy it frozen or from a pizza parlor. Making pizza is fun and gives you the chance to make it healthy. Skip the pepperoni and “a pound of cheese.” Instead, make a heart healthy pizza with tomato sauce, your favorite vegetables, maybe even canned corn, beans or pineapple, and a light sprinkling of reduced-fat cheese. Have a family contest to come up with the wackiest, best tasting pizza ever!



### Vary Your Veggies for Good Health!

*MyPyramid* urges everyone to “Vary Your Veggies.” Eating a variety of vegetables gives you many different nutrients. Aim to eat dark green and orange-colored veggies often. The average adult needs about 2-1/2 cups of veggies a day. Elementary children need about 2 cups. Vegetables are packed with vitamin C, Vitamin A, potassium and fiber.

### Two Cups a Day - Just Do It!

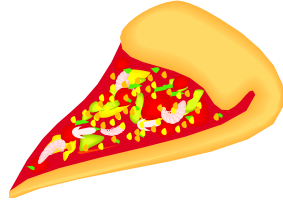
*Lunch:* Enjoy vegetable sticks, or maybe half a cup of broccoli florets or bell pepper slices with a sandwich.

*Snack:* After school or work, crunch on carrots or your favorite veggie.

*Dinner:* Have a tossed salad AND a steamed vegetable with your main dish.



## Anytime Pizza



- 1 whole wheat English muffin
- 2 Tablespoons pizza sauce\*
- ¼ cup grated mozzarella cheese
- Sliced olives
- Sliced green peppers
- Sliced mushrooms
- Pineapple tidbits
- Black beans, cooked and drained

### Directions:

1. Add all ingredients for the pizza sauce in a bowl and mix together.
2. Split English muffins, spread on sauce.
3. Use toppings to create a personal pizza.
4. Sprinkle on grated mozzarella cheese.
5. Broil in a toaster oven for 5 minutes or bake in oven at 350° F for 10 minutes or until heated through and cheese is bubbly.
6. Remove from oven, cool slightly.

### \*Pizza Sauce

Mix together:

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

### Chef's Tips:

- Put leftover ingredients in plastic bags or containers and refrigerate for use another time.
- Keep a container of grated cheese in the refrigerator to make pizzas easy for Jr. Chefs.
- Keep English muffins in the freezer for freshness and longer shelf life.
- Make it a meal! Add salad, milk, and fruit for dessert to turn pizza into a balanced lunch.

**Inside Scoop...** Ask your child how to wash fruits and vegetables and why it's important. (*Wash fresh fruits and vegetables under cool running water to get rid of bad bacteria.*)



### Safe Slicing

- Today Jr. Chefs learned how to handle a knife safely. Ask them about the safety tips they learned.

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