



Stride Kids in the Kitchen

Week 1: Pizza Party

Even the pickiest eaters love pizza. This version is free of artificial ingredients and boosts the nutrition by maximizing whole fresh ingredients, making it delicious AND guilt free! We're having a blast in the kitchen as big chefs and little chefs work together to make this kid approved favorite!

Recipes: Homemade Pizza and Quick Pizza Sauce

Focused Chef Skills: Slice, Dice, Chop, Stir and Bake

Ingredient / Shopping List

Produce:

- Vegetable toppings of choice (onion, asparagus, zucchini, cherry tomato, bell pepper, mushroom, olives, pineapple), 6 cups total amount
- Fresh Garlic, 2 Cloves
- Fresh Basil, ¼ cup
- Tomatoes, 5 large

Dry:

- Olive Oil, 2 Tbsps.
- Italian Seasoning, 1 Tbsp
- Ground Fennel, ¼ tsp

Meat:

- Pepperoni or Italian Sausage (optional)

Dairy:

- Cheese of your choice (dairy or alternative), 2 cups

Other:

- Pizza Crusts (premade or cauliflower crust), 2 total

Equipment List

To help you 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
- 1 Sanitizer towel with sanitizer solution (1 Tablespoon bleach mixed with 1-quart water)
- Tasting spoons
- Measuring cups and spoons
- 2 Baking sheets
- 1 Saucepan
- 1 Soft spatula

- Blender or Food Processor (optional)

Advanced Prep List

Please have the following items prepared before class begins.

- If you are making your crust, have your crust made and ready for assembly
- Wash all produce items
- Preheat oven to 500 degrees

RECIPES

Homemade Pizzas:

Ingredients:

2 Crusts of your choice (Purchase premade crust or try the Stride in the Kitchen [Cauliflower Crust recipe](#))

2 cups Pizza Sauce (recipe below)

2 cups Cheese of your choice (mozzarella, pizza blend, or dairy alternative)

4 ounces Pepperoni or Italian Sausage (optional)

6 cups Veggies (choose as many of the following as you like):

Bell Pepper

Onion

Asparagus

Zucchini

Cherry Tomato

Mushrooms

Olives, sliced

Pineapple

Instructions:

Preheat oven to 550 degrees.

If making traditional crust from scratch, lightly flour your work surface with flour. Cut dough into golf ball sized pieces for individual pizzas or softball size for 12–14-inch pizza. Using a rolling pin, roll out the crust from the middle outward, never all the way across. Continue rolling until crust reaches desired thickness. Turn the dough as you go and dust with additional flour if dough sticks to your counter. Preheat grill to high and grill the crust about 1 minute each side or until bottom is browned and bubbly.

For cauliflower crust, follow instructions [here](#).

If using a premade and par cooked crust, you are all set.

Place about 2 tablespoons sauce for personal pizzas, and 1/3 cup sauce for 12-14-inch pizza on the crust and spread out with the back of a spoon, leaving about ¼ inch perimeter around the pizza free of sauce. Sprinkle lightly with cheese. Decorate with desired ingredients from the list, making sure not to overload. Sprinkle lightly again with remaining cheese.

Place completed pizza on a baking sheet and place in the upper rack of the preheated oven. Bake for about 5-6 minutes or until cheese is bubbly and slightly browned. Remove from oven, slide onto a cutting board, and cut into squares or wedges.

Quick Pizza Sauce:

Ingredients:

2 Tablespoon Olive Oil

½ Onion, small diced

2 cloves Garlic

½ teaspoon Kosher Salt

1 Tablespoon Italian Seasoning

¼ t ground Fennel

¼ cup fresh Basil, chopped

5 large Tomatoes, stem removed and chopped

Instructions:

Heat the oil in a medium saucepan over medium heat. Add onion to the pan and cook for about 3 minutes. Add garlic and continue cooking for an additional minute. Add salt, Italian seasoning, fennel, and basil, and cook for another 2 minutes. Add tomatoes, bring up to a simmer, cover and cook for about 10 minutes. Uncover, taste, and add salt if needed. Also add water to thin out if needed. Use as is for a chunky pizza sauce or puree in a blender or food processor if you like a smooth sauce.

Resource Takeaways:

- Stride [Creating a Balanced Plate handout](#)
- Stride in the Kitchen [Cauliflower Crust recipe](#)
- Stride [How to Get Kids Involved in the Kitchen](#) article
- Stride [Tips for Getting Kids in the Kitchen](#) video
- UHG Stride Discount Feature: [Launch My Health](#) & [Thrive Market](#)
- Stride Eat Better Resources: [Stride in the Kitchen blog](#) and [Foodsmart app](#)

