



Shellbrook Recreation
X USASK Nutrition
students present



**CHOOSE YOUR
ADVENTURE**



PIZZA



**Join us for a
virtual cooking
session on**



March 25 @ 5 pm

CHOOSE YOUR ADVENTURE!



Crust

Pick 1

- Store-bought pizza crust
- Homemade crust
- Naan bread
- Pita bread
- Rolled out sliced bread



Sauce

Pick 1

- Tomato sauce
- BBQ sauce
- Ranch
- Curry
- Pesto
- Alfredo sauce



Protein

Pick 1-2

- Cubed chicken
- Ground or sliced turkey
- Ground beef
- Tofu
- Pepperoni
- Sliced ham
- Chopped walnuts



Veggies*

Pick 1-4

*and fruit!

- Bell peppers
- Mushrooms
- Spinach
- Tomatoes
- Pineapple
- Broccoli
- Olives
- Onion
- Pear
- Banana
- peppers
- Artichoke



Cheese

Top it off with cheese and any extras you like!

- Mozzarella
- Cheddar
- Havarti
- Marble
- Feta

Extras (optional)

- Honey
- Parmesan



CAREGIVERS' GUIDE

Thanks for joining us for this virtual cooking session!

In order to accommodate a variety of kids' skill levels and your time, we wanted to allow for flexibility with this recipe. We encourage getting your kids involved in the meal planning process by showing them the previous page and having them choose their ingredients. Get them to see what you already have in the kitchen and develop your grocery list. Experiment with different flavour combinations and ask if they think two foods might taste good together. We encourage kids do as many steps on their own as they can, but you are welcome to choose the ingredients and have them follow along as well.

Throughout the session, we'll be covering kitchen and food safety strategies (including clean-up!), talking about balanced meals, and encouraging food curiosity.

Crust

At the end of the session, we'll have you follow directions based on the crust you choose and guide your kiddo through the cooking process. Practice setting a timer and watching your pizza carefully. Here's an easy crust recipe you could make in advance. One of us will demonstrate with this crust and one will use a purchased crust.

Pizza Dough

Prep: 20 mins (+ rest time)

Yield: 2 x 10" pizzas

**Best if made the day before and placed in the fridge.*

Ingredients

- 2 cups all purpose flour
- 2 cups whole wheat flour
- 2 tsp quick-rising yeast (or 1 packet)
- 1 tsp salt
- 1 & 1/2 cups warm water
- 1/2 tsp honey or sugar
- 2 TBSP olive oil

Instructions

1. In a large bowl, combine flour, yeast, sugar, and salt.
2. In a liquid measuring cup, combine warm water, oil, and honey or sugar.
3. Using a wooden spoon, gradually stir the water into the flour until a ragged dough forms.
4. Knead on a floured surface for 5-8 minutes until smooth.
5. Place in greased bowl. Cover and let rise in a warm place for 1 hour. If making ahead, refrigerate unrisen dough and take out to rise before baking.

Sauce

This is the simple sauce recipe we plan on demonstrating during the session. Have your child choose whichever sauce they wish. If you'd like to have them make the sauce along with us, be sure to have the ingredients ready!

Pizza Sauce

Prep: 5 minutes

Yield: Enough for 4 large pizzas

**Extra sauce can be stored in the fridge for up to 4 days or freezer up to 6 months*

Ingredients

- 1 15 oz can tomato sauce
- 1 6 oz can tomato paste
- 1 tsp garlic powder or 1 clove minced garlic
- 1 TBSP dried oregano
- 2 tsp dried basil
- 1 tsp onion powder
- 1 tsp sugar

Instructions

1. In a medium bowl, combine all ingredients until smooth.

Kitchen Supplies



Grater



**Cutting board
+ knife**



Bowl



**Cookie sheet
or pizza pan**

SAMPLE COMBINATIONS

Classic



Tomato
Sauce



Pepperoni



Veggies of
your choice

BBQ Chicken



BBQ sauce



Cubed chicken



Bell peppers
Red onion

Mediterranean



Pesto or
white sauce



Feta +
optional
other protein



Artichoke
Olives
Tomato

Hawaiian



Tomato
Sauce



Sliced ham



Pineapple
Green pepper
Mushrooms