



Fresh Veggie Pizza

Made to order just the way you like it!

Level: Easy

Makes: 1 pizza

Kids' Tool Kit

Small
mixing
bowl
Cutting board
Knife
Measuring spoons
Measuring cups
Spoon

Ingredients:

1/4 cup low fat sour cream

2 teaspoons dry ranch dressing mix

1 (7-inch) prebaked pizza crust

2 tablespoons shredded cheddar cheese

½ cup diced broccoli

1/4 cup diced cauliflower

1/4 cup diced carrots

1/4 cup diced green or red pepper

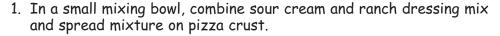
diced zucchini, black olives, tomatoes, optional





Directions:

Remember to wash your hands!



2. Top with shredded cheese and diced vegetables.

Chef's Choice Fresh Vegaie Pizza

Fresh Veggie Pizza Low fat milk



Helpful Hints: You can buy prebaked pizza crusts in the grocery store or you can make one from a favorite recipe. Try using other crusts, such as whole-wheat tortillas, pita bread, English muffins or bagels. Let kids choose the veggies they like for toppings but encourage variety. Let them finely chop the veggies to stack on the crust. Kids will often try veggies fresh that they do not like cooked.

Buy vegetables in season, you will save money at the store and will find different ways to serve them.



Safety Tip: Remember to wash all vegetables just before dicing. Use fresh, running water and wash just the amount you plan to use. Let older kids dice the veggies, using a paring knife and cutting board. If they are too young to dice, let them measure ingredients and decorate the pizzas.



Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.