



Mug-nificent Microwave Pizza + Cool Caesar Salad for One + Italian Peachy-Keen Cream Soda

By Erin Fletter

Prep Time 20 / Cook Time 2 / Serves 1 - 1

Shopping List

☐ FRESH OR FROZEN

☐ 1 slice of peach, fresh or frozen

☐ 1 to 2 leaves of romaine lettuce

☐ DAIRY

☐ 2 T milk ****(see allergy subs below)****

☐ 1 T heavy cream ****(see allergy subs below)****

☐ 2 T shredded mozzarella cheese ****(see allergy subs below)****

☐ 1/2 T grated parmesan cheese ****(see allergy subs below)****

☐ PANTRY

☐ 5 T flour ****(see allergy subs below)****

☐ 1/8 tsp baking powder

☐ 1 pinch baking soda

☐ 1 T olive oil

☐ 1/2 tsp lemon juice (fresh or bottled)

☐ 1 T mayonnaise ****(see allergy subs below)****

☐ 1/8 tsp Dijon mustard

☐ 1 T tomato sauce ****(see allergy subs below)****

- ☐ 2 T croutons ****(see allergy subs below)****
- ☐ 1 T sugar
- ☐ 1/2 tsp Italian seasoning
- ☐ 1/8 tsp garlic powder
- ☐ 1/4 tsp salt
- ☐ 1 pinch ground black pepper
- ☐ 1 C sparkling water
- ☐ PIZZA TOPPINGS OF YOUR CHOICE to total 1/8 to 1/4 C (choose 1-2):
- ☐ bell pepper ****(see allergy subs below)****
- ☐ black olives
- ☐ green onion
- ☐ mushroom
- ☐ other vegetables you love!

Fun-Da-Mentals Kitchen Skills

dice: to cut foods into small pieces of equal size so that the food is cooked evenly or looks uniform and pleasant when used in the recipe.

dust: to lightly cover food with a powdered or granulated ingredient, like flour or sugar.

knead: to work dough by pushing, pulling, and folding it by hand or with a stand mixer.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

layer: to arrange foods in layers, such as sliced fruit in a pie or tart, or sliced potatoes in a potato gratin; or to build flavors by adding seasonings or foods that may be dissimilar but complement the overall dish.

microwave: to heat or cook food or liquid quickly in a microwave oven, which uses high-frequency electromagnetic waves to generate heat in the food's water molecules.

roll: to use a rolling pin to flatten dough; use your hands to form a roll or ball shape; or move a round food, like a grape or a meatball, through another food, like sugar or breadcrumbs, to coat it.

snip: to use scissors to cut something with quick, sharp strokes.

drizzle: to trickle a thin stream of a liquid ingredient, like icing or sauce, over food.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

tear: to pull or rip apart a food, like basil leaves, into pieces instead of cutting with a knife; cutting breaks cell walls more, so herbs can discolor faster.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

chop: to cut something into small, rough pieces using a blade.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

mash: to reduce food, like potatoes or bananas, to a soft, pulpy state by beating or pressure.

mix: to thoroughly combine two or more ingredients until uniform in texture.

Equipment

- ☐ Microwave,
- ☐ Microwave-safe mug
- ☐ Potheadler
- ☐ Paper towel or dish towel
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Measuring spoons
- ☐ Small whisk or metal spoon
- ☐ Liquid measuring cup
- ☐ Small bowl
- ☐ Small plate
- ☐ Clean kid-friendly scissors (optional)
- ☐ Small bowls (2)
- ☐ Metal fork

Ingredients

Mug-nificent Microwave Pizza

- ☐ 4 T all-purpose flour + more for dusting ****(for GLUTEN ALLERGY sub all-purpose gluten-free/nut-free flour)****
- ☐ 1/8 tsp baking powder

- ☐ 1 pinch baking soda
- ☐ 1/8 tsp salt
- ☐ 2 T milk ****(for DAIRY ALLERGY sub dairy-free/nut-free milk)****
- ☐ 1 T olive oil
- ☐ 1 T tomato sauce ****(for NIGHTSHADE ALLERGY sub an extra 1 T olive oil)****
- ☐ 1/2 tsp Italian seasoning
- ☐ 2 T shredded mozzarella cheese ****(for DAIRY ALLERGY sub dairy-free/nut-free mozzarella cheese shreds, like Daiya brand)****
- ☐ Pizza toppings of your choice to total 1/8 to 1/4 C (choose 1-2):
- ☐ bell pepper ****(Omit for NIGHTSHADE ALLERGY)****
- ☐ black olives
- ☐ green onion
- ☐ mushroom
- ☐ other vegetables you love!

Cool Caesar Salad for One

- ☐ 1 T mayonnaise ****(for EGG ALLERGY sub egg-free vegan mayonnaise)****
- ☐ 1/2 T grated Parmesan cheese ****(for DAIRY ALLERGY sub dairy-free/nut-free grated Parmesan cheese)****
- ☐ 1/2 tsp lemon juice (fresh or bottled)
- ☐ 1/8 tsp Dijon, brown, or yellow mustard
- ☐ 1/8 tsp garlic powder
- ☐ 1 pinch ground black pepper
- ☐ 1 pinch salt
- ☐ 1 to 2 leaves romaine lettuce
- ☐ 2 T croutons ****(Omit for GLUTEN ALLERGY or sub gluten-free/nut-free croutons)****

Italian Peachy-Keen Cream Soda for One

- ☐ 1 fresh peach slice (or frozen and thawed)
- ☐ 1 T granulated sugar
- ☐ 1 T heavy cream ****(for DAIRY ALLERGY sub coconut cream from top of full-fat coconut milk can)****

☐ 1 C sparkling water

Food Allergen Substitutions

Mug-nificent Microwave Pizza

Gluten/Wheat: Substitute all-purpose gluten-free/nut-free flour.

Dairy: Substitute dairy-free/nut-free milk. Substitute dairy-free/nut-free mozzarella cheese shreds, like Daiya brand.

Nightshade: For 1 T tomato sauce, substitute an extra 1 T olive oil. Omit optional bell pepper pizza topping.

Cool Caesar Salad for One

Egg: Substitute egg-free vegan mayonnaise.

Dairy: Substitute dairy-free/nut-free grated Parmesan cheese.

Gluten/Wheat: Omit croutons or substitute gluten-free/nut-free croutons.

Italian Peachy-Keen Cream Soda for One

Dairy: For 1 T heavy cream, substitute 1 T coconut cream from top of full-fat coconut milk can.

Instructions

Mug-nificent Microwave Pizza

chop + snip + dice

Kid chefs will prepare **1/8 to 1/4 cup of the pizza toppings** of their choice. On a clean, dry cutting board they can chop, snip, and dice their choice of 1 to 2 toppings into small pieces: **bell pepper, black olives, green onion, mushroom, or other vegetables they love!** Set them aside in a small bowl, then clean and dry cutting boards so they're ready for the dough.

measure + whisk

Now they will work on the pizza dough. In another small bowl, kids can measure and add **4 tablespoons flour, 1/8 teaspoon baking powder, 1 pinch of baking soda,** and **1/8 teaspoon salt** and whisk together.

measure + combine

Kids can measure and add **2 tablespoons milk** and **1 tablespoon olive oil** to the bowl with the dry ingredients and combine the dough ingredients using a fork.

dust + knead + roll

Have kids dust a bit of flour onto their cutting boards and hands to knead the dough and roll it into a ball, then press the dough onto the bottom of a microwave-safe mug.

measure + mix

For the pizza sauce, kids will measure and add **1 tablespoon tomato sauce** and **1/2 teaspoon Italian seasoning** into a small bowl and mix to combine.

spoon + sprinkle + layer

To layer their pizza in the mug, kids can spoon the **sauce** onto the dough, spread it around, then sprinkle **2 tablespoons of shredded mozzarella cheese** on top of the sauce. Next, they can lay their **pizza toppings** on top of the cheese.

microwave + serve

Cook in the microwave for 75 seconds on high, or until the crust rises up and the cheese is melted. Remove carefully using a potholder, and let the pizza cool slightly. Serve with a salad, like **Cool Caesar Salad for One**, and an Italian soda, like **Italian Peachy-Keen Cream Soda for One**.

Cool Caesar Salad for One

measure + whisk

Kid chefs will prepare the salad dressing by measuring and adding **1 tablespoon mayonnaise**, **1/2 tablespoon grated Parmesan cheese**, **1/2 teaspoon lemon juice**, **1/8 teaspoon mustard**, **1/8 teaspoon garlic powder**, **1 pinch of black pepper**, and **1 pinch of salt** to a small bowl. Whisk the ingredients together.

wash + dry + tear

Have kids wash and dry **1 to 2 leaves of romaine lettuce**. Tear them into bite-sized pieces.

arrange + sprinkle

Kids can arrange the romaine lettuce pieces on a small plate and sprinkle **2 tablespoons of croutons** on top of the lettuce.

drizzle + serve

Kid chefs can drizzle their dressing on top of their salads. It makes a great side to go with pizza, like **Mug-nificent Microwave Pizza**.

Italian Peachy-Keen Cream Soda for One

chop + mash

Kid chefs can chop **1 peach slice** into very small pieces, mash them completely with a fork, and transfer to a microwave-safe mug.

measure + mix

Kids can measure and add **1 tablespoon of sugar** to the mug and mix thoroughly.

cover + microwave

Cover with a damp paper towel or dish towel. Cook in the microwave on high for 30 seconds. Carefully remove using a potholder.

measure + stir

Kid chefs can measure and add **1 tablespoon heavy cream** and **1 cup sparkling water** to the mug and stir gently. For a complete Italian meal, this drink goes well with **Mug-nificent Microwave Pizza** and **Cool Caesar Salad for One**.

Featured Ingredient: Flour!

Hi! I'm Flour!

"Happy Baking, Friends! I'm Flour, and I'm a VIP (Very Important Powder)! I'm really quite useful (and humble). You can use me to make breads, cakes, cookies, crackers, crumpets, doughnuts, muffins, pancakes, pasta, waffles, and more. (Which is your favorite?) I can coat vegetables and meats before frying them in oil, and you can combine me with a fat to make a roux to thicken sauces and gravies. You can even make play dough and glue with me. Can you see now why I'm a VIP?"

History

Around 8,000 to 15,000 years ago, people discovered that they could crush wheat seeds between simple grindstones to make flour.

When you grind cereal grains, beans, seeds, or roots (like cassava), they become a powder, resulting in flour. Some of the grains besides wheat that can be ground into flour are rye, buckwheat, barley, corn, oat, and rice. Other foods used to make flour are potatoes, acorns, mesquite, cassava, soybeans, garbanzo beans (or chickpeas), amaranth, and even bananas!

Flour is the primary component of bread, and bread is a staple in many countries. Therefore, sufficient amounts of flour are critical, which has caused major economic and political issues at various times throughout history.

Anatomy & Etymology

Before grains are ground into flour, they are whole pieces taken from a plant.

Each kernel of wheat consists of three parts: the coarse outer bran layer (which contains most of the fiber), the germ, and the endosperm. The endosperm stores the grain's starch, a carbohydrate that the body uses to create energy. Other foods that contain starch are potatoes, pasta, and rice.

Whole-wheat flour is the result of grinding or milling the whole grain. It contains all three parts of the kernel—bran, endosperm, and germ.

White flour has been refined or polished and bleached to remove the bran. As a result, white flour has less fiber than whole-wheat flour and fewer nutrients, too.

The word "flour" is originally a variant of the word "flower." Both derive from the Old French "fleur" or "flour," literally "blossom," and figuratively "the finest" (of the milled grain).

How Flour is made

Flour is made in nearly every country in the world.

First, farmers plant wheat seeds, and plants begin to grow. Then, when they are ready to harvest, farmers collect them with giant machines called combines.

Combines cut, separate, and clean the wheat at the same time. The grain must be completely dry before storing, so farmers don't harvest it when it's rainy.

Then, they transfer the flour to a mill (a building where grains are ground into flour), where a miller will oversee the grinding of the wheat grain into flour.

One whole wheat grain makes over 20,000 particles of flour!

Nutrition

Flour contains protein and is a significant source of carbohydrates.

Carbohydrates are a direct source of energy for the body. Our bodies first have to make some changes to the carbohydrates, but then they are quickly converted to energy by our cells.

Fiber helps to keep our intestines happy, feeding the good bacteria in our gut. Whole-wheat, unbleached flour is an excellent source of fiber.

Whole wheat contains essential nutrients, including vitamins, minerals, healthy fats, protein, and fiber. Organic, unbleached flour is the healthiest.

Wheat-free and gluten-free flours are vital to people who have celiac disease, wheat allergies, or gluten intolerance (or non-celiac gluten sensitivity). Varieties of gluten-free flours include those made from: almonds, amaranth, buckwheat, corn, garbanzo beans (or chickpeas), millet, quinoa, rice, sorghum, soybeans, and teff.

