



## Ooey-Gooey Cheesy Pizza Bombs + Caprese Salad-on-a-Stick + Kid-Made Basil Cream Sodas

By Erin Fletter

**Prep Time** 40 / **Cook Time** 20 / **Serves** 6 - 12

### Shopping List

#### ☐ FRESH

☐ 2 large ripe tomatoes

☐ 1 garlic clove

☐ 3 handfuls basil leaves

#### ☐ DAIRY

☐ 3/4 to 1 C plain full-fat yogurt **\*\*(see allergy subs below)\*\***

☐ 10 oz mozzarella cheese **\*\*(see allergy subs below)\*\***

☐ 1/4 C heavy whipping cream or half-and-half **\*\*(see allergy subs below)\*\***

#### ☐ PANTRY

☐ 1 1/2 C all-purpose flour + more **\*\*(see allergy subs below)\*\***

☐ 1/2 tsp baking powder

☐ 1 1/4 tsp salt, divided

☐ 3/4 C olive oil, divided

☐ 1 T tomato paste

☐ 1/2 C sugar/honey (or 4 stevia packs)

☐ 1/2 tsp garlic powder

☐ 1 tsp Italian seasoning

- ☐ balsamic vinegar, optional, for drizzling
- ☐ 3 C sparkling water
- ☐ HAVE ON HAND
- ☐ toothpicks
- ☐ ice

## Fun-Da-Mentals Kitchen Skills

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

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

**grate:** to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

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

**purée:** to blend, grind, or mash food until it is thick, smooth, and closer to a liquid.

**slice:** to cut into thin pieces using a sawing motion with your knife.

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

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

**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).

**pour:** to cause liquid, granules, or powder to stream from one container into another.

**purée:** to blend, grind, or mash food until it is thick, smooth, and closer to a liquid.

**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.

## Equipment

- ☐ Oven
- ☐ Muffin pan
- ☐ Large mixing bowl
- ☐ Dry measuring cups
- ☐ Measuring spoons

- ☐ Liquid measuring cup
- ☐ Wooden spoon
- ☐ Kitchen towel (or plastic wrap)
- ☐ Small mixing bowl
- ☐ Grater
- ☐ Cutting board + kid-safe knife
- ☐ Blender (or food processor)
- ☐ Toothpicks
- ☐ Blender

## Ingredients

### Ooey-Gooey Cheesy Pizza Bombs

- ☐ 1 1/2 C all-purpose flour + more **\*\*(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)\*\***
- ☐ 1/2 tsp baking powder
- ☐ 1 tsp salt, divided
- ☐ 3/4 to 1 C plain full-fat yogurt **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free plain yogurt)\*\***
- ☐ 1 large ripe tomato
- ☐ 1 garlic clove
- ☐ 1 handful basil leaves
- ☐ 1/2 C olive oil, divided
- ☐ 1 T tomato paste
- ☐ 1 tsp sugar/honey
- ☐ 6 oz mozzarella cheese **\*\*(for DAIRY ALLERGY sub Daiya Dairy-free Mozzarella Shreds, or tofu + olive oil + lemon + salt—more info below)\*\***
- ☐ 1/2 tsp garlic powder
- ☐ 1 tsp Italian seasoning

### Caprese Salad-on-a-Stick

- ☐ 1 large ripe tomato

- ☐ 4 oz mozzarella cheese
- ☐ 1 pinch sugar
- ☐ 1 handful basil leaves
- ☐ toothpicks
- ☐ olive oil for drizzling
- ☐ balsamic vinegar, optional, for drizzling

## Kid-Made Basil Cream Sodas

- ☐ 3 C sparkling water
- ☐ 1/4 C sugar (or 3 stevia packs)
- ☐ 1 handful basil leaves
- ☐ 1/4 C heavy whipping cream or half-and-half **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free cream or milk)**\*\***
- ☐ ice

## Food Allergen Substitutions

### Ooey-Gooey Cheesy Pizza Bombs

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

**Dairy:** Substitute dairy-free/nut-free plain yogurt. For 6 oz mozzarella cheese, substitute Daiya Dairy-free Mozzarella Shreds, or 1 T crumbled extra firm tofu + 1/2 tsp olive oil + 1 squeeze lemon + 1 pinch of salt.

### Caprese Salad-on-a-Stick

**Dairy:** Substitute dairy-free/nut-free cheese, like Daiya brand.

### Kid-Made Basil Cream Sodas

**Dairy:** Substitute dairy-free/nut-free cream or milk.

## Instructions

### Ooey-Gooey Cheesy Pizza Bombs

### preheat + measure + mix + knead

Preheat the oven to 375 F. In a large bowl, measure and mix together **1 1/2 cups flour**, **1/2 teaspoon baking powder**, and **1/2 teaspoon salt**. Add **3/4 cup of yogurt** and mix together until a stiff dough forms. Knead the mixture with your hands to form a ball of dough, adding more flour or yogurt as needed if the dough is too sticky or too dry. Then, divide the dough in half. Divide halves into thirds, and divide the thirds in half again so that you end up with 12 pieces of dough. Roll the dough into balls, set aside in your mixing bowl, and cover the mixing bowl with a damp towel to rest for 15 minutes.

### grate + mix

Grate **6 ounces of mozzarella cheese** and set aside. In a small bowl, mix **1/4 cup olive oil** with **1/2 teaspoon salt**, **1/2 teaspoon garlic powder**, and **1 teaspoon Italian seasoning**. Set aside the seasoned olive oil.

### chop + press + tear + puree

Chop **1 tomato** and add to a blender or food processor. Next, press **1 garlic clove** using the heel of your hand, peel the garlic and add it to the tomatoes. Then, tear **1 handful of basil leaves** and add to the blender. Next, measure and add **2 tablespoons olive oil**, **1 tablespoon tomato paste**, **1 teaspoon sugar**, and **1 very big pinch of salt**. Purée the mixture until a smooth sauce forms.

### stuff + brush + bake

On a floured surface, roll out balls of dough into 3 to 4 inch flat disks. Next, spread 2 teaspoons of the pizza sauce evenly over each disk like a mini pizza, and layer 1 tablespoon of shredded mozzarella over the sauce. Then, fold up the edges of the dough and pinch them closed so that you have little bundles, and brush their surfaces with the seasoned olive oil. Bake them in a greased muffin pan for 15 to 20 minutes. Let cool before eating. They will be **hot!** Serve with extra pizza sauce for dipping! Buon appetito!

## Caprese Salad-on-a-Stick

### chop + spear + drizzle

Chop **1 tomato** and **4 ounces of mozzarella cheese** into 2-inch pieces. Sprinkle tomatoes with **1 pinch of sugar**. Use a toothpick to spear a piece of tomato, mozzarella, and a leaf from **1 handful of basil leaves**. Drizzle each salad-on-a-stick with **olive oil** and optional **balsamic vinegar!**

## Kid-Made Basil Cream Sodas

### measure + pour + purée + enjoy

Measure and pour **1 cup of sparkling water** and **1/4 cup of sugar** into a blender. Add **1 handful of basil leaves**. Purée until smooth, then top with remaining **2 cups of sparkling water** and **1/4 cup of heavy whipping cream** or half-and-half. Stir, then pour over ice and enjoy!

## Featured Ingredient: Basil!

Hi! I'm Basil!

"Ciao (chow)! I'm Basil! But you can also call me Genovese basil (that's Italian, from Genoa). My leaves are usually used fresh, added late in cooking to keep my flavor. If you combine me with olive oil, garlic, pine nuts, and Parmesan cheese, you'll have a yummy, green Italian sauce called "pesto," which is good on pasta. You'll also find me on a delicious but simple pizza from Naples, Italy, called "pizza margherita." Besides fresh basil leaves, Neapolitans (people from Naples) traditionally top this pizza with a tomato sauce from San Marzano tomatoes, fresh mozzarella cheese, a drizzle of olive oil, and a sprinkle of salt. Of course, basil is good in dishes from many countries!"

## History

A long time ago, Greeks and Romans believed basil would only grow if you screamed wild curses and shouted while sowing the seeds. They also thought that if you left a basil leaf under a pot, it would turn into a scorpion!

Basil may have originated in India; there are speculations that it originally came from tropical areas spanning from Southeast Asia to Central Africa.

Ancient Egyptians used to use basil to embalm the dead and prepare for burial.

In Italy, basil is considered a token of love, and in Romania, if a girl gives a sprig of basil to her boyfriend, they are engaged.

## Anatomy & Etymology

Basil is a part of the mint family. There are 50 to 150 species, including Genovese (Italian) basil (the most common), Thai basil, cinnamon basil, lemon basil, lettuce basil, spicy globe basil, and green ruffles basil! Each type of basil has a unique aroma and taste.

Leaves of the basil plant tend to be oval-shaped, shiny, and smooth-edged. Their edges cup slightly.

Basil plants can grow to be from 8 inches to 4 feet high.

Basil has seeds that can germinate after 10 years!

Basil will grow small flowers that look like spikes at the top of the plant. The flowers are edible, but we generally eat and use just the leaves.

The word "basil" comes from the Greek "vasilikos," which also means "royal." It is believed that basil was once used in royal perfumes.

## How to Pick, Buy, & Eat

Basil grows best in hot climates. When harvesting basil, pinch or cut the leaves at the stem from the top of the plant down. Select a few large leaves rather than snipping the whole stem. Choose leaves that are

bright and free from blemishes. Picking leaves encourages the plant to produce more leaves.

You could also try growing basil in a pot on your kitchen window sill, so it's easy to pick what you need when you need it.

Wash basil gently and pat dry. When you buy basil from the store, it will often come with its stems. Trim the ends of the stems and store in a glass of water as you would a bunch of flowers. Basil stores best at room temperature.

Use fresh basil leaves in salads, salad dressings, sauces, pasta, marinades, and sandwiches. Basil leaves in cold water make a nice summer refresher, or add some mint with the leaves to make a digestive hot tea.

Basil can be dried or blanched and frozen. Dried basil enhances the flavor of tomato soup.

## Nutrition

Basil contains 98% of our DV of Vitamin K1 in just one-half of a cup! Vitamin K1 is essential for blood clotting. For example, when we get a cut, we need our blood to clot so that the bleeding will stop and our cut will heal.

Basil contains carotenoids—those powerful plant-based nutrients that protect our cells from oxidation (rust) and enhance immunity.

Essential oils found in basil not only give it its aromatic and therapeutic scent but are also anti-inflammatory.

Basil has been shown to act as an adaptogen. Adaptogens are natural substances that help us respond in a healthful way to stress. So the next time you're feeling stressed, grab a handful of basil, hold it to your nose, and breathe in deeply. Then, toss it in your salad and eat it.