



Great Grecian Personal Pan Pizzas

By Erin Fletter

Prep Time 25 / **Cook Time** 18 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

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

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

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

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

Equipment

- ☐ Oven
- ☐ Oven mitt
- ☐ Baking pan (1 - 18" x 13" sheet pan or 2 - 9" x 13" pans work well)
- ☐ Large mixing bowl
- ☐ Small mixing bowl
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Liquid measuring cup
- ☐ Whisk
- ☐ Wooden spoon or rubber spatula
- ☐ Pastry brush (optional)
- ☐ Can opener

- ☐ Spoon for spreading sauce
- ☐ Cutting board + kid-safe knife
- ☐ Kid-safe scissors (optional)
- ☐ Small bowls to hold toppings separately (7)
- ☐ Clean damp dish towel or paper towel
- ☐ Wooden spoon
- ☐ Plates, forks, drinking glasses, and napkins
- ☐ Soap for cleaning hands

Ingredients

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- ☐ Pizza dough:
- ☐ 2 C all-purpose flour ****(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)****
- ☐ 1 T baking powder
- ☐ 1/2 tsp salt
- ☐ 2 C full-fat plain Greek yogurt ****(for DAIRY ALLERGY sub dairy-free/nut-free plain Greek yogurt)****
- ☐ 1 T olive oil (to coat pan)
- ☐ Pizza sauce:
- ☐ 1 8-oz can tomato sauce ****(for NIGHTSHADE ALLERGY sub 1 C pumpkin purée)****
- ☐ 2 tsp garlic powder
- ☐ 1 T olive oil
- ☐ 1/2 tsp dried oregano, optional
- ☐ Pizza toppings (choose at least 3, including spinach!):
- ☐ frozen spinach
- ☐ canned, drained artichokes
- ☐ shredded mozzarella cheese ****(for DAIRY ALLERGY sub dairy-free/nut-free cheese shreds, like Daiya brand)****
- ☐ 1/2 C pitted Kalamata olives

- ☐ green onions
- ☐ dried oregano
- ☐ crumbled feta cheese ****(Omit for DAIRY ALLERGY)****

Food Allergen Substitutions

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

Dairy: Substitute dairy-free/nut-free plain Greek yogurt in Pizza dough. Omit feta cheese as optional Pizza topping.

Nightshade: For 1 8-oz can tomato sauce, substitute 1 C pumpkin purée.

Instructions

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preheat + measure + whisk

First, let's make the pizza dough! Preheat the oven to 400 F. Measure and whisk together **2 cups flour**, **1 tablespoon baking powder**, and **1/2 teaspoon salt** in a large mixing bowl. Whisk while counting to 5 in Greek! Chef instructor says each number first, then kids repeat: 1 ένα (EH-nah), 2 δύο (THEE-oh), 3 τρία (TREE-ah), 4 τέσσερα (TES-seh-rah), 5 πέντε (PEN-day).

measure + add + stir

Measure and add **2 cups of Greek yogurt** to the flour bowl. Use a spatula and stir!

knead + rest

Using clean hands, mix and knead the dough, incorporating the yogurt and flour together. Hands are the best way! The dough will come together quickly and easily in the mixing bowl, and kids shouldn't need much more flour. However, in really humid climates, more flour may be needed. The dough will be soft, supple, and pliable, not sticky. If it is sticky, add more flour by the tablespoon. It should feel like soft play dough! Form the dough into one big ball, cover the mixing bowl with a towel, and set it aside to take a nap!

pour + measure + mix

After washing hands again, it's time to make the pizza sauce! Pour **1 can of tomato sauce** into a clean mixing bowl. (Adults help: Younger kids will need help opening their can of tomato sauce.) Measure and add **2 teaspoons garlic powder**, **1 tablespoon olive oil**, and optional **1/2 teaspoon dried oregano** to the bowl. Mix! Set tomato sauce aside.

chop + slice + separate

Next, prepare the pizza toppings of your choice, chopping the veggies into bite-sized pieces! Chop **spinach** and **1 can drained artichoke hearts**. Slice or snip **green onions**. Slice pitted **Kalamata olives** in half or leave them whole. Put each of these toppings into separate bowls. Then add **shredded mozzarella cheese**, **crumbled feta cheese**, and **1 teaspoon dried oregano** to separate bowls.

drizzle + pinch + press

Now, we'll assemble our Greek pizzas! Drizzle your sheet pan with about **1 tablespoon of olive oil** and spread it to coat the pan with your hands or use a pastry brush. Wipe hands on a damp dish towel or paper towel. Pinch off small balls of dough (between the size of a golf ball and tennis ball) and press them between your palms to flatten them. Kids will love how the dough feels! Arrange flattened pizza discs on the oiled sheet pan.

spread + top + bake

Spread a small amount of pizza sauce on each pizza crust. Kids can spread it any way they want. One easy way is to use the back of a metal spoon and to make an even layer, stopping just before the edges of the crust. Top each pizza with frozen spinach, chopped veggies, olives, dried oregano, and some shredded mozzarella and feta cheese in one layer. Bake at 400 F for 15 to 18 minutes until cheese is melted and crusts are golden brown!

Featured Ingredient: Olives!

Hi! I'm Olive!

"Did you know olives are fruit? We're called drupes (sounds like droops) or stone fruit, because we have a pit inside, just like apricots, cherries, peaches, and plums. You can't eat us right off the olive tree, though. We have to be cured first so we're soft and not bitter. Try us by ourselves or in a salad, a taco, or on pizza!"

Olives are one of the most essential foods to the people of Greece, and they always have been. In ancient Grecian times, wheat, olive oil, and wine were the three most widely consumed foods, forming the basis of Greek people's diets.

Greeks believed that the goddess Athena gave the first olive tree to Athens before it eventually spread to the rest of Greece. Olives were used in many recipes. Olives were also crushed, and their oil was used for lamps. Olive oil was also used as a beauty product. Women rubbed olive oil into their skin to make it soft and shiny, and it was added to charcoal and other natural colors to make eyeshadow and eyeliner.

Olives grow on trees! An olive tree can live anywhere from 300 to 600 years.

The oldest olive tree is located in Crete. It is 2,000 to 4,000 years old and is still producing olives!

The olive tree branch has become a symbol of peace, and two olive branches are pictured on the United Nations flag.

Olives are not edible straight from the tree. They're too bitter. They must be cured first, which is how we

buy them from stores. Cured means treated with a substance to preserve and change the taste and texture. Curing can cause green olives to become black from oxidation.

What color are olives? They can be many colors: black, green, purple, brown, and even pink!

There are many different varieties and sizes of olives. The largest olive is called the Donkey Olive. The smallest olive is called the Bullet Olive. Two of the most famous olives are the Kalamata from Greece and the Manzanilla from Spain.

About 90 percent of olives are pressed to make olive oil, and 10 percent become table olives.

Olives have lots of healthy fat in them, and these fats are fantastic for your heart and brain! They also contain 25 percent of our daily value of vitamin E.