



Great Grecian Personal Pan Pizzas + Green Greek Salad + Honey Lemon Yogurt Smoothies

By Erin Fletter

Prep Time 40 / **Cook Time** 18 / **Serves** 4 - 6

Shopping List

FRESH

3 green onions + more for optional pizza topping

3 lemons

2 cucumbers

1 C cherry tomatoes

3 ripe bananas **** (see allergy subs below) ****

FROZEN

1 8-oz bag frozen spinach

DAIRY

4 C full-fat plain Greek yogurt **** (see allergy subs below) ****

shredded mozzarella cheese, optional pizza topping **** (see allergy subs below) ****

6 oz crumbled feta cheese, optional **** (see allergy subs below) ****

PANTRY

2 C all-purpose flour **** (see allergy subs below) ****

1 T baking powder

1 tsp salt

1 8-oz can tomato sauce

- 2 tsp garlic powder
- 3 T olive oil
- 1 tsp dried oregano + more for optional pizza topping
- 1 14-oz can artichokes, optional for pizza topping
- 1 small jar pitted Kalamata olives
- 1/4 C honey + more to taste
- HAVE ON HAND
- 3 C ice
- water or cold milk (or dairy-free/nut-free milk) as needed to thin smoothies

Fun-Da-Mentals Kitchen Skills

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

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

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.

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

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

squeeze: to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

peel: to remove the skin or rind from something using your hands or a metal tool.

squeeze: to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

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

toss: to lightly lift and drop food items together or coat food items with flour, or a sauce or dressing, as in a salad.

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
- Citrus juicer (optional)
- Blender (or pitcher + immersion blender)

Ingredients

Great Grecian Personal Pan Pizzas

- 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
 - 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)****

Green Greek Salad

- 1 lemon
- 1 T olive oil
- 1 T honey
- 1/2 tsp salt
- 1/2 tsp of dried oregano
- 2 chopped cucumbers
- 3 green onions
- 1 C cherry tomatoes
- 1 handful pitted Kalamata olives
- 1/4 C crumbled feta cheese **** (Omit for DAIRY ALLERGY)****

Honey Lemon Yogurt Smoothies

- 3 ripe bananas ******(for BANANA ALLERGY sub frozen mango, pineapple, or berries)******
- 2 C full-fat plain Greek yogurt ******(for DAIRY ALLERGY sub dairy-free/nut-free plain Greek yogurt)******
- 2 lemons, juiced
- 1 C frozen spinach
- 3 T honey + more to taste
- 3 C ice + cold water or milk (or dairy-free/nut-free milk) as needed to thin smoothies

Food Allergen Substitutions

Great Grecian Personal Pan Pizzas

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.

Green Greek Salad

Dairy: Omit feta cheese.

Honey Lemon Yogurt Smoothies

Dairy: Substitute dairy-free/nut-free plain Greek yogurt.

Banana: Substitute frozen mango, pineapple, or berries.

Instructions

Great Grecian Personal Pan Pizzas

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!

Green Greek Salad

squeeze + measure + whisk

Slice **1 lemon** and squeeze its juice into a small mixing bowl. Measure and add **1 tablespoon olive oil**, **1 tablespoon honey**, **1/2 teaspoon salt**, and **1/2 teaspoon dried oregano** to the bowl. Whisk to combine!

chop + toss + serve

Chop **2 cucumbers** and slice or snip **3 green onions**. Slice **1 cup cherry tomatoes** and **1 handful Kalamata olives** in half. Add veggies to the bowl. Let kids choose what they want to add! Toss to coat veggies in dressing. Serve salad topped with **1/4 cup of crumbled feta cheese!**

Honey Lemon Yogurt Smoothies

slice + squeeze + add

Slice **2 lemons** in half and squeeze the juice into a measuring cup. Scoop out the seeds! Add juice to a blender.

peel + measure + combine

Peel **3 ripe bananas** and add them to the blender. Measure and combine **2 cups Greek yogurt, 1 cup frozen spinach, 3 tablespoons honey**, and **3 cups ice** to the blender.

blend + taste + pour

Help kids blend until smoothie is thick and smooth. Add cold water or milk if the smoothie is too thick. Taste! If it needs more honey, add some! Pour into drinking glasses and shout "Cheers!" in Greek: "Yia mas!" (Yee-AH moss).

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.

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.