Spinach & Sundried Tomato Stuffed Pizza

Type: Main  Serves: 30 tasters  Recipe source: eatingwell.com
Fresh from the garden: spinach, oregano, garlic, basil.

What to do:

1. Position rack in lower third of oven; preheat to 200 Celcius. Coat a large pizza tray with cooking spray.
2. Finely crumble tofu; pat dry. Place in a large bowl and use your hands to combine with spinach, tomatoes, parmesan, mozzarella, basil, onion powder, salt and pepper.
3. Roll out dough on a lightly floured surface to about the length of the prepared pizza tray and twice as wide. Transfer the dough to the pizza tray, allowing the extra width to hang over on one side onto a clean surface. Spread the filling on the dough in the pan, leaving a 2 ½ cm border. Fold the overhanging dough over the filling. Fold the edges closed and crimp with a fork to seal. Make several small slits in the top to vent steam; lightly coat the top with cooking spray.
4. Bake the stuffed pizza until well browned on top, 18 to 20 minutes. Let cool slightly before cutting.

EQUIPMENT:

- Measuring spoons
- Measuring cups
- Bowls
- Knives
- Pizza trays
- Digital scales
- Grater

INGREDIENTS:

- Cooking spray, preferably canola or olive oil
- 1 package firm water-packed tofu, drained
- 400g chopped spinach, squeezed dry
- 1/2 cup chopped soft or reconstituted sun-dried tomatoes
- 1/2 cup finely shredded Parmesan cheese
- 1/2 cup shredded mozzarella cheese
- 1/4 cup chopped fresh basil
- 1/2 teaspoon onion powder
- 1/4 teaspoon freshly ground pepper
- 1 prepared pizza dough, preferably whole-wheat
Garden Pizza

Type: Main  Serves: 30 tastes  Recipe source: eatingwell.com
Fresh from the garden: zucchini, tomatoes, oregano, bell pepper, basil.

What to do:

1. Preheat oven to medium-high (190 degrees celcius).
2. Grill or fry zucchini until marked and softened, about 4 minutes. Thinly slice.
   Reduce heat to low (160 degrees celcius).
3. Process tomatoes, tomato paste, basil, oregano, salt and pepper in a food processor until smooth, scraping down the sides as needed.
4. Sprinkle cornmeal onto a large baking sheet. Roll out the dough and transfer it to the pizza tray, making sure the underside of the dough is completely coated with cornmeal.
5. Cook until lightly browned, 3 to 4 minutes.
6. Using a large spatula, flip the crust. Spread the tomato mixture on the crust, leaving a 2 1/2 cm border. Quickly top with mozzarella, bell pepper and the zucchini. Sprinkle on Parmesan.
7. Cook until the cheese has melted and the bottom of the crust has browned, about 8 minutes.

EQUIPMENT:
  - Measuring spoons
  - Measuring cups
  - Bowls
  - Knives
  - Pizza trays
  - Digital scales
  - Grater

INGREDIENTS:
  - 4 whole baby or 1 medium zucchini, halved lengthwise
  - cherry tomatoes
  - 2 tablespoons tomato paste
  - 8 fresh basil leaves
  - Cornmeal for dusting
  - 2 teaspoons fresh oregano
  - 1/4 teaspoon salt
  - 1/2 teaspoon freshly ground pepper
  - 1 Pizza Dough (recipe follows)
  - 125gm mozzarella cheese, thinly sliced
  - 1 medium bell pepper, diced
  - 3 tablespoons grated Parmesan cheese
Vegetarian Taco Salad

Type: Main/Salad  Serves: 30  Recipe source: eatingwell.com

Fresh from the garden:

What to do:

1. Heat oil in a large nonstick skillet over medium heat. Add onion and corn; cook, stirring, until the onion begins to brown, about 5 minutes. Coarsely chop 1 tomato. Add it to the pan along with rice, beans, chili powder, 1 teaspoon oregano and 1/4 teaspoon salt. Cook, stirring frequently, until the tomato cooks down, about 5 minutes. Let cool slightly.

2. Coarsely chop the remaining 3 tomatoes. Combine with cilantro, salsa and the remaining 1/2 teaspoon oregano in a medium bowl.

3. Toss lettuce in a large bowl with the bean mixture, half the fresh salsa and 2/3 cup cheese. Serve sprinkled with tortilla chips and the remaining cheese, passing lime wedges and the remaining fresh salsa at the table.

TIP: To cook rice, bring 1 cup water and 1/2 cup long-grain brown rice to a boil in a small saucepan. Reduce heat to low, cover, and simmer at the lowest bubble until the water is absorbed and the rice is tender, about 40 minutes. Remove from the heat and let stand, covered, for 10 minutes. Makes 1 1/2 cups.

EQUIPMENT:
- Measuring spoons
- Measuring cups
- Bowl
- Knife

INGREDIENTS:
- 2 tablespoons extra-virgin olive oil
- 1 large onion, chopped
- 1 1/2 cups fresh corn kernels (see Tip) or frozen, thawed
- 4 large tomatoes
- 1 1/2 cups cooked long-grain brown rice
- 1 can black, kidney or pinto beans, rinsed
- 1 tablespoon chili powder
- 1 1/2 teaspoons dried oregano, divided
- 1/4 teaspoon salt
- 1/2 cup chopped fresh cilantro
- 1/3 cup prepared salsa
- 2 cups shredded iceberg or romaine lettuce
- 1 cup shredded pepper Jack cheese
- 2 1/2 cups coarsely crumbled tortilla chips
- Lime wedges for garnish
Easy Whole Wheat Pizza Dough

Type: Main  Serves  Recipe source: eatingwell.com
Fresh from the garden:

What to do:

1. Stir water, yeast, sugar and salt in a large bowl; let stand until the yeast has dissolved, about 5 minutes. Stir in whole-wheat flour, bread flour (or all-purpose flour) and cornmeal until the dough begins to come together.
2. Turn the dough out onto a lightly floured work surface. Knead until smooth and elastic, about 10 minutes. (Alternatively, mix the dough in a food processor. Process until it forms a ball, then process for 1 minute to knead.)
3. Place the dough in an oiled bowl and turn to coat.
4. Cover with a clean kitchen towel and set aside in a warm, draft-free place until doubled in size, about 1 hour.
5. Individual variation: The dough can be turned into 4 or 6 personal-size pizzas. After kneading, divide the dough into 4 or 6 equal balls.
6. Brush with oil and place 8cm apart on a pizza tray. Cover and set aside until doubled in size, about 1 hour.
7. Roll each portion into a 15cm circle.

EQUIPMENT:
- Measuring spoons
- Measuring cups
- Bowl
- Sifter

INGREDIENTS:
- 3/4 cup plus 2 tablespoons lukewarm water
- 1 package active dry yeast, (2 1/4 teaspoons)
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 1 cup whole-wheat flour
- 1 cup bread flour, or all-purpose flour, plus additional for dusting
- 2 tablespoons yellow cornmeal
Chocolate, Banana & Pineapple Pizza

Type: Dessert  
Serves: 30  
Recipe source: bestrecipes.com.au

Fresh from the garden:

**What to do:**

1. Roll pizza dough out on pizza tray.
2. Spread pie melon and pineapple jam over base.
3. Spread a sprinkle of chocolate chips over the top of jam.
4. Arrange banana slices on top.
5. Spread another sprinkle of chocolate chips over the top.
6. Bake at 180 degrees celcius of 10 minutes or until golden brown and cooked.
7. Enjoy!

**EQUIPMENT:**
- Knife
- Spoon
- Rolling pin
- Pizza tray

**INGREDIENTS:**
- 1 banana, sliced
- 1 pizza base
- Chocolate chips
- Pie melon & pineapple jam
- Custard (optional)
Pizza Tomato Sauce

Type: Dessert  Serves: 30  Recipe source: bestrecipes.com.au

Fresh from the garden: oregano, tomatoes, onion, garlic.

**What to do:**
1. In a small saucepan heat the olive oil then add the onion and garlic.
2. Cook stirring over a moderate heat until translucent.
3. Add tomato paste and stir through the onions and garlic. Cook for three minutes.
4. Add the remaining ingredients and stir to combine.
5. Allow to simmer uncovered over a low heat for 20 minutes, or until the sauce has thickened.
6. Stir occasionally to avoid the sauce sticking to the bottom of the pan.

**EQUIPMENT:**
- Saucepan
- Knife
- Measuring cups
- Measuring spoons

**INGREDIENTS:**
- 1 tbsp olive oil
- 1 onion, finely diced
- 1 clove garlic, crushed
- 2 tbsp tomato paste
- 2 cups crushed tomatoes (or 1 tin of chopped tomatoes)
- 1 tsp brown sugar
- 1 tsp oregano, finely chopped
- Salt and pepper