



CHICAGO BOTANIC GARDEN

Garden Pizza

Purpose:

To learn a simple recipe using garden-fresh vegetables and safe knife- handling skills.

Description:

A version of pizza that is simple to assemble and enjoy.

Time Needed: 55 minutes

Materials (for 15 people):

30 pieces of small pita bread (3" diameter)

2 24-ounce jars of marinara sauce

2 16-ounce bags of grated mozzarella cheese

Garden ingredients:

1 1-pound package of mini peppers (green yellow & red)

3 pints cherry tomatoes

3 16-ounce packages of mushrooms

2 ounces fresh oregano or one oregano plant

4 ounces fresh basil or one basil plant

Supplies:

15 cafeteria-style trays

1 colander

30 paper plates

15 paper bowls



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15 plastic lettuce knives or serrated plastic cutlery knives

15 plastic spoons

30 5-ounce paper cups

Paper towels

Instructions:

Set up: Have trays set for each participant with the following on the tray,

in no particular order:

Paper bowl

Plastic spoon

1 paper plate

Plastic knife

1 5-ounce cup of marinara sauce

1 5-ounce cup of grated mozzarella cheese

2 pieces of pita bread

Set up a table with garden ingredients clustered in groups: peppers together, tomatoes together, etc. Herbs or herb plants should be last in line.

Have the colander located beside the sink, along with a stack of clean paper plates.

Have this recipe printed in large type and loaded on to any assistive reading devices used by participants.



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Procedure

1. Start by introducing the activity to the participants. Explain that we will be using garden ingredients to make delicious mini pizzas.
2. Ask the group what kind of pizza they like to eat (veggie, meat, mix, Hawaiian, etc.)
3. Explain the different ingredients that can be put on the mini pizza. Talk about the ones that come from the plants and the ones brought as extras (marinara sauce, cheese).
4. Read the recipe aloud so the entire group hears it. The recipe should be pre-loaded on any assistive reading devices used by participants.
5. Read through the recipe again, step by step. For each step, have the participants locate and place the needed materials in a linear fashion, left to right along the top edge of their tray.
6. Instruct participants to take their paper bowl to the table to select their ingredients.
7. Have participants go to the sink and
 - 1) wash their hands
 - 2) place the colander in the sink and wash each vegetable
 - 3) put the clean vegetables on to their plate
 - 4) discard bowl.
8. The group returns to seats at table. Using serrated plastic knives, cut any ingredients that need to be cut down into smaller pieces.



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**Tips for cutting: Remove each end of pepper first; slice in half length-wise. Remove seeds and pith. Cut up. For cherry tomatoes, hold by pinching between thumb and forefinger; slice with a sawing motion in center of tomato between fingers. For mushroom, remove stem first then proceed as for tomato. Instruct the participants to rip the basil leaves as opposed to cutting them. This keeps the basil leaves from turning brown.*

9. Have each participant spread the marinara sauce on their bread with the plastic spoon.
10. After the sauce is on, gently sprinkle the garden ingredients on the pizzas. If people wish to also include cheese, add that ingredient now.
11. Top with a pinch of herbs as the finishing touch
12. At this time, with the help and permission of the therapist and staff, participants may elect to microwave their mini pizzas to melt the cheese. If so, microwave the pizzas for 15 to 20 seconds.
13. Make sure each person has a paper towel as they prepare to eat their pizza — they are a bit messy!

Recipe for one person

2 small pita rounds

3 ounces marinara sauce

2 ounces grated mozzarella cheese

Vegetable toppings of your choice (peppers, mushrooms)

Sprigs of fresh herbs (oregano & basil)



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1. Select vegetables.
2. Using a plastic knife, cut the vegetables into small pieces for topping.
3. Using your fingers, tear basil leaves into small pieces and pinch oregano leaves to remove them from the stem.
4. Using a spoon, spread half of the marinara sauce on each pita round.
5. Sprinkle vegetables on each pita round
6. If desired, sprinkle half of cheese on each pita round.
7. Top with a pinch of basil and oregano leaves.
8. Place pitas on clean paper plate and microwave 10 to 15 seconds on high (optional).