

MEAL KITS

Garden Veg Flatbread Pizzas with Green Salad

ASSEMBLY/COOKING TIME: 30 minutes or less

Kids can almost put together this whole meal from Chef Shannon Shaffer. Just get an adult to handle the corn! He has kept the salad simple, but feel free to add other meal kit ingredients, such as apples and raisins.

WHAT YOU'LL NEED: A pot, a strainer, cutting board, sharp knife, wide skillet or saute pan, baking sheet, canola oil or olive oil, salt, pepper.

WHAT KIDS CAN DO: Add all the toppings on each flatbread, assemble the salad.

WHAT YOU CAN ADD ON (THE PIZZAS): Fresh basil, ground sausage, turkey pepperoni, mushrooms, cooked chicken.

TO MAKE 4 SERVINGS

For the pizzas

4 ears fresh corn
2 cups diced zucchini
1 cup edamame
4 herbed flatbreads
2 cups marinara sauce
2 cups shredded mozzarella cheese
1 tablespoon basil-garlic-oregano seasoning mix

For the salad

4 cups salad greens
4 each hard-cooked eggs, each cut in half or quarters
1 cup carrot coins
½ cup sunflower seeds
Salt
Freshly ground black pepper
1 cup citrus dressing



COOK THE CORN AND ZUCCHINI Fill the pot with water and bring to a boil; add the ears of corn and cook for 4 minutes. Drain the pot and cool the corn. Cut the kernels off the cobs, letting them fall into a bowl. Cook the zucchini in a wide pan on high heat for 3 to 4 minutes, stirring. Add to the bowl of cooked corn kernels, along with the edamame.



PREP THE FLATBREAD PIZZAS Lay them on a baking sheet; bake at 425 degrees F for 5 minutes (leave the oven on). Spread ½ cup marinara sauce over each herbed flatbread. Scatter each one with ½ cup shredded mozzarella, then sprinkle the basil-garlic-oregano seasoning mix over the cheese. Scatter equal amounts of the corn-zucchini-edamame mixture on top of each flatbread. Bake for 10 minutes, or until the cheese is melted/golden brown. Wait a few minutes, then cut each garden veg pizza into 4 pieces.



MAKE THE SALAD Toss together the salad greens, hard-cooked eggs, carrot coins, and sunflower seeds in a large bowl. Season with salt and pepper. Pour in ½ cup of the citrus dressing and toss so everything's coated. Taste, and add more or the rest of the dressing, as needed.

MEAL KIT TIPS

DID YOU KNOW?



Barley and wheat are both grasses that humans and some animals have eaten for 10,000 years, but they are not the same! “Hulled” or “pearled” barley is considered a healthful whole grain, and it can be cooked like rice.



Sriracha (say “see-ROTCH-ah”) is a hot sauce that the whole world thinks is pretty cool! The Huy Fong brand (the bottle with a rooster on it), made in California, contains red jalapeno peppers, vinegar, garlic, sugar, salt, and a few preservatives. The company cranks out more than 20 million bottles a year!



Black beans are also known as turtle beans, because they have a hard-shell exterior. Fun facts: They are full of fiber and protein--and they are really edible seeds, not legumes!

WHAT ELSE CAN YOU MAKE WITH THE INGREDIENTS IN THIS MEAL KIT?

ROASTED VEG-BARLEY RISOTTO!

Combine ½ cup each of the **diced zucchini**, **sliced onions**, and **carrot coins** on a baking sheet, then drizzle with ½ cup of the **citrus dressing** or **Sriracha sauce**. Roast in a 400-degree oven for 15 to 20 minutes. Heat a tablespoon of canola oil or olive oil in a wide skillet or saute pan over medium-high heat. Stir in 2 cups of the **cooked barley**, then season with salt and pepper. Pour in 1 cup of your favorite broth. Cook for 15 to 20 minutes, stirring often until almost all the broth has been absorbed. Add the roasted vegetables and a handful of **shredded mozzarella**. Stir just until the cheese starts to melt.

EASY CHEESY PASTA BAKE!

Toss together 2 cups of the **cooked pasta**, the **diced zucchini**, **edamame**, 1 cup of the **shredded mozzarella**, the **basil-garlic-oregano seasoning mix**, and 2 cups of the **marinara sauce** in a medium casserole dish. Scatter ¼ cup more shredded mozzarella over the top. Bake at 350 degrees for about 20 minutes, or until the cheese has melted.

HUMMUS CRUNCH WRAPS!

Grill or cook **corn cobs**, then cut kernels off the cob. Toss the corn in a bowl with **cherry/grape tomato halves**, **black beans**, **salad greens**, **pan-seared carrot coins** and **sliced onions**, and the **basil-garlic-oregano seasoning mix**. Spread **hummus** on each **whole-grain wrap/tortilla**, then spoon a few handfuls of the vegetable mixture down the center. Roll up and tuck in the ends, then cut into portions.