



# Learn to...

# LUNCH

## Week 3: *Perfect Pizzas*

*Menu: Pizza Crackers, Cauliflower Pizza bites with Marinara Dip,  
Build your own Pita Pizza, and Fruit Pizza.*

### ***Fruit Pizza***

#### **Ingredients**

Healthy Cream Cheese Spread:

1 cup plain cream cheese

¼ cup flavoured Greek yogurt

¼ cup maple syrup

1 tsp vanilla extract

Pizza:

Pita bread

Fruit of your choice - \*recommended option- sliced strawberries, sliced kiwi's, blueberries, Orange segments sliced.

#### **Directions**

- 1 Evenly spread cream cheese icing onto pita bread
- 2 Top with your favourite fruits and enjoy!

#### **Nutrition Info:**

**Greek yogurt** - great protein and calcium source. (10g protein per cup)

**Maple syrup** - unrefined sugar, much better for you than processed sugars

**Kiwi** - high vitamin c and lowers blood pressure

# Pizza Cracker Snack



## Ingredients

Crackers – any kind  
¼ quarter each red/green peppers, diced  
Sliced black olives  
Green onions, thinly sliced  
Sliced cheese – cut to cracker size  
½ cup marinara sauce  
½ tsp oregano  
Parmesan cheese – powdered  
Salt and pepper to taste

## Directions

- 1 Mix veggies together in a microwave safe bowl with a teaspoon olive oil, oregano and a pinch of salt and pepper (microwave until tender and set aside – this step is optional)
- 2 Place cheese on cracker and spread a small amount of marinara
- 3 Top with veggie mixture and sprinkle with Parm
- 4 Serve cold or microwave to melt cheese.

## Nutrition Info:

**Parmesan cheese** - source of calcium.

**Green onion** - helps reduce inflammation fights sickness and diseases (antiviral properties).

# Build your own Pita Pizza

## Ingredients

Pita bread  
Marinara sauce \* if using easy marinara recipe, add tomato paste to thicken  
Protein of your choice - \*suggested options- sliced meat, precooked bacon, shredded cooked chicken, tempeh or baked/fried tofu  
Veggies of your choice - \*suggested options – green peppers(sliced), sliced mushrooms, spinach, sliced onions  
Cheese of your choice- \*suggested options – grated mozzarella mixed with parmesan

## Directions

- 1 Spread a thin even layer of sauce onto pita
- 2 Add vegetable and protein, making sure to not overload
- 3 Sprinkle cheese evenly on top
- 4 Bake at 350 degrees for 10 mins or until cheese is melted and bubbly
- 5 Allow to cool slightly, cut into 4 pieces and enjoy!



## Nutrition Info:

**Pita** - high fiber, selenium and manganese

# Cauliflower Pizza Bites With Marinara Dip



## Cauliflower Pizza Bites Ingredients

½ head of cauliflower - pulsed in food processor  
¼ cup mozzarella cheese shredded  
½ cup crumbled feta  
2 Tbsp powdered parm  
1 large egg beaten (beat spices into the egg)  
1 tsp oregano  
1 tsp garlic powder

### Equipment:

Food processor  
Muffin pan

## Directions

- 1 Preheat oven to 425 degrees
- 2 Mix cheese, cheese, and egg evenly
- 3 Using a spoon, scoop and fill muffin pan ¼ of way up.
- 4 Bake 20-25mins, until edges are browned



## Marinara Dip Ingredients

28 ounce can of crushed fire roasted tomatoes  
2 Tbsp olive oil  
1 Tbsp balsamic vinegar  
2 tsp garlic powder  
1 tsp dried oregano  
1 tsp dried oregano  
1 tsp dried basil

### Equipment:

Food processor  
Saucepan

## Directions

- 1 In a large saucepan, place the crushed tomatoes, olive oil, balsamic vinegar, garlic powder, oregano, kosher salt, and dried basil.
- 2 Bring to a simmer, then cover and simmer 15 minutes.
- 3 If desired, pulse with a food processor: All crushed tomato brands are different, and some may be chunkier than other. If you'd like, pulse the sauce to get to the desired texture.



## Nutrition Info:

**Cauliflower** - high in fiber and B vitamins. Antioxidant

**Oregano** - used in herbal medicines-high antioxidant, helps fight off sickness and diseases.

**Mozzarella cheese** - probiotics which improve gut health

**Olive oil** - healthy fats (especially heart) and antioxidants with anti-inflammatory benefits

**Crushed fire roasted tomatoes** - roasted tomatoes contain lycopene which is proved to help fight some cancers and have varies health benefits. Antioxidant.

# ***Tips to maintain healthy balanced eating habits***

## **Why is Lunch so important and how does it help us perform mentally/physically?**

Food is energy! That's why!

A balanced meal is based around the three main core food groups: carbohydrates, protein, and veggies/fruit (veggie preferably). Eating well mid-day keeps your brain going-helps mental energy and focus, helps you make more rational decisions, keeps your blood sugar level even, your metabolism active and helps you perform your best!

### **Being Mindful Of Your Eating Habits**

How you ate?

- did you eat slowly?
- were you distracted?
- did you eat with others?

Why you ate?

- were you hungry?
- was it offered to you?

What you ate?

- what did you have to eat and drink?

When you ate?

- what time was it?
- how long had it been since the last time you ate?

Where you ate?

- were you in a space meant for eating?

How much you ate?

- how much food and drink did you have?

### **Benefits Of Enjoying Your Food**

- tasting the flavours
- being open to trying new foods
- developing a healthy attitude about food

Try a variety of healthy foods to help you find new foods to enjoy. Trying new foods can appeal to a sense of wonder and even adventure.

### **Cook More Often**

Cooking and preparing food can support healthy eating habits.

Cooking allows you to:

- learn new skills
- rely less on highly processed foods
- control the amount of sauces and seasonings
- make foods that you and your family like and will eat
- save money by avoiding extra money spent on meals eaten out

Choose healthy ingredients like:

- fruits
- vegetables
- whole grain foods
- protein foods
- choose protein foods that come from plants more often

### **Eat Meals With Others**

When you eat with others, it's important to remember to:

- Take your time. Don't feel the need to rush. Enjoy your food and the social aspect of being together.
- Put away distractions like the TV or electronics. This can help you be mindful of your food choices.
- Use it as a chance to connect. Talk to those around you and share what is going on in everyone's life.

Enjoying your food includes:

- socializing at mealtime
- enjoying shopping for food
- preparing and cooking food
- growing or harvesting your own food
- getting to know the people that grow or produce your food
- being involved in meal planning, preparation and clean up

# Eat well. Live well.

Eat a variety of healthy foods each day

Have plenty  
of vegetables  
and fruits

Eat protein  
foods

Make water  
your drink  
of choice



Choose  
whole grain  
foods

Discover your food guide at

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