

## Junior Master Gardener Summer Celebration 2004



Fond du Lac County Junior Master Gardener (JMG) Program is a joint venture of the Fond du Lac County University of Wisconsin-Extension 4-H, WI Nutrition Education, and N.E. District Urban Initiative programs.

### Vegetable Pizza Makes 8 servings



- 1 (12") prepared pizza crust
- Dill Weed Dip (see recipe below)
- Head of one stalk of broccoli, cut into small pieces
- $\frac{1}{4}$  head of cauliflower, cut into small pieces
- 1 tomato, cut into small pieces
- $\frac{1}{2}$  cucumber, finely sliced
- 1 stalk of celery, cut into small pieces
- 1 cup shredded Cheddar Cheese

1. Use a crust that has been prepared according to package directions.
2. Spread cooled crust with dill weed dip.
3. Sprinkle the cut up vegetables evenly over dip.
4. Top vegetables with Cheddar Cheese and refrigerate until ready to eat.

### Dill Weed Dip

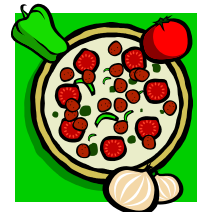
- 3 ounces fat-free cream cheese, softened
- 1 cup mayonnaise-type salad dressing
- 1 cup plain low-fat yogurt
- 2 teaspoons parsley flakes
- $\frac{1}{2}$  cup finely chopped green onions
- 2 teaspoons dill weed

1. Combine all ingredients in a large mixing bowl.
2. Mix until smooth.
3. Refrigerate any unused portion.

### Taco Pizza Makes 4 servings

- 1 (12") prepared pizza crust
- 1 cup medium salsa
- $\frac{1}{2}$  pound preseasoned taco meat
- $1\frac{1}{2}$  cup (6 ounces) shredded Mozzarella Cheese
- $\frac{1}{8}$  head of lettuce
- $\frac{1}{2}$  medium tomatoes
- 10 taco chips

1. Preheat oven to 350°.
2. Use a pizza crust that has been prepared according to package directions.
3. Spread salsa on pizza crust.
4. Sprinkle pre-seasoned taco meat on top of sauce.
5. Sprinkle cheese on top.
6. Bake for about 10 minutes or until cheese is melted. Take crust out of oven.
7. Tear lettuce into small pieces and sprinkle over top.
8. Cut tomato into small pieces and put on top of lettuce.
9. Crush tortilla chips in a plastic bag and sprinkle on top of pizza.



**Fruit Pizza**  
Makes 8 servings

1 (12") prepared pizza crust  
8 ounces canned peaches  
8 ounces canned pineapple  
6 ounces canned mandarin oranges  
4 tablespoons soft margarine  
 $\frac{1}{2}$  cup brown sugar  
 $\frac{1}{2}$  cup flour

1. Preheat oven to 350°.
2. Use a crust that has been prepared according to package directions.
3. Wipe tops of cans, open, and drain juice from fruit.
4. Cut fruit into small, bite-sized pieces.
5. Sprinkle fruit evenly over crust.
6. In a small bowl, mix together the margarine, brown sugar, and flour.
7. Sprinkle topping evenly over fruit.
8. Bake for about 10-15 minutes or until crust is golden brown and topping begins to bubble.



**Before Cooking and Eating Remember To:**

1. Wash hands for 20 seconds with warm water and soap (the amount of time it would take to sing "Row, Row, Row Your Boat").
2. Wash all fruits and vegetables with water. There is no need to buy special fruit or vegetable washes.
3. Wipe off the tops of cans before opening.
4. Place refrigerated foods back in the refrigerator right away. Keep hot foods hot and cold foods cold.

**Safety in the Kitchen**

- ✓ Tilt and lift the cover of a pan containing hot food away from you to prevent burns from the steam.
- ✓ When taking food from the oven, use a pot holder in each hand, and keep small children away.
- ✓ Always cut away from yourself when cutting food.
- ✓ Don't turn handles of pots or pans out over the edge of the stove--someone may bump into them and cause spills and burns. Turn handles to the side (but not over another hot burner).

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**Extension**

Fond du Lac County

Rm 227 Administration/Extension Bldg.

400 University Drive

Fond du Lac WI 54935 ♦ Phone: (920) 929-3174

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