



WARNING!
Ask an adult's permission before using a knife or the oven.

DID YOU KNOW?
An orange bell pepper contains more vitamin C than an orange.

Make a tasty veggie rainbow pizza

Ingredients

- 1 pound store-bought, uncooked pizza dough, at room temperature
- 1 teaspoon olive oil
- 20 cherry or grape tomatoes
- 1 orange bell pepper
- ½ cup torn baby spinach
- ¼ cup marinara sauce
- 1 cup shredded mozzarella
- ½ cup frozen corn, thawed

Instructions

1. Heat oven to 425° F. Bring the dough to room temperature and lightly grease 2 baking sheets with olive oil. You will be making 4 personal pizzas.
2. Cut the tomatoes in half and chop the bell pepper. Tear spinach into small pieces.
3. Cut the dough into 4 equal pieces and gently stretch each piece to form a flat pizza shape. (Ask an adult if you need help.) Place on baking sheets.
4. Spread 1 tablespoon of marinara sauce over each of the crusts, leaving a ½-inch border around the edge. Sprinkle ¼ cup mozzarella evenly on top of the sauce on each crust.
5. Arrange the vegetable toppings evenly over the mozzarella in the order of a rainbow, such as red, orange, yellow, and green.
6. Using pot holders, put the baking sheets in the oven. Bake for 18 to 22 minutes or until the dough is golden and the cheese is melted and bubbly. Carefully remove the baking trays from the oven using pot holders. Let cool and slice into pieces.



ECO TIP OF THE WEEK HELP YOUR HOME SMELL NICE

Everyone likes their home to smell good. While stores sell air fresheners to scent your home, they may contain chemicals that can be irritating to some people and pets. To make your home smell better naturally, there are several things you can do. With an adult's permission, crack open the windows on nice days to circulate fresh air. You can also talk to your family about putting fragrant house plants, like eucalyptus, lemon balm, or orchids, around your home. Baking soda is a natural way to absorb odors. Add half a cup of baking soda and six drops of an essential oil to a mason jar, poke holes in the lid to make a vent, and place on a shelf in the kitchen or laundry area.



Let in some fresh air.