



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

Online Class 2/27/21: Kids Pizza Party! Topping Suggestions & Equipment List

Recipes: Homemade Pizza Dough* | Quick Tomato Basil Sauce | Choose Your Own Adventure Pesto

*Please note that if you plan to make your pizzas with Chef Katie during the live class, you will need to start your dough ahead of time. Please review the recipe for options for making the dough overnight, all-day or part-day versions and plan accordingly. Chef Katie will demonstrate the full process but will have some dough already made in advance, so she'll be ready to stretch and top her pizzas on the live class.

Other Crust Ideas:

- Whole Wheat Pocketless Pita or Naan Bread
- Whole Wheat English Muffins

Sauce Options:

- Quick Tomato Basil Sauce
- Chef Katie's Even Quicker Tomato Sauce
- Choose Your Own Adventure Pesto
- Garlic Infused Olive Oil
- Store-bought BBQ Sauce

Cheese Ideas:

- Mozzarella (part-skim), freshly grated
- Provolone, freshly grated
- Ricotta cheese (part-skim)
- Fresh Mozzarella

Topping Suggestions:

Your pizza toppings options are almost endless, and you can use whatever your family likes best – just remember that things like pepperoni should be used in moderation to limit saturated fat and sodium.

- Broccoli
- Bell Pepper Strips
- Red Onion Strips
- Cherry Tomatoes, halved
- Frozen Peas
- Frozen Corn
- Caramelized Onions
- Leftover Roasted Vegetables
- Cooked Chicken
- Cooked Shrimp

- Pepperoni, cut into quarters
- Salami/Ham/Bacon, diced
- Pineapple
- Olives
- Pickled or Fresh Jalapeno
- Leafy Greens (Spinach, Arugula, etc.)
- Fresh Herbs (Basil, Parsley, Scallions, etc.)

Equipment Needs:

Qty	Equipment
Equipment for All Recipes	
1	Cutting Board
1	Chef Knife
1 set	Measuring Cups
1 set	Measuring Spoons
	Mise en Place Bowls (small bowls, cups, or mugs)
Homemade Pizza Dough	
1	Large Bowl
1	Food Scale (optional)
1	Cast Iron Griddle or Large Sheet Tray
1	Half or Small Sheet Tray
Quick Tomato Basil Sauce	
1	Large Saucepan
1	Large Spoon
1	Blender or Immersion Blender
Choose Your Own Adventure Pesto	
1	Blender or Food Processor
1	Spatula