

ECO RAINBOW PIZZA

Parents & Caregivers: Make a fishless (and meatless) meal to help protect animals in our oceans, like sharks, just like Jane Garcia does in the **Apple TV+** series, **Jane**. By swapping out fish for vegetables, you can help preserve the shark's source of food. Plus, this Eco Rainbow Pizza recipe gives your family the chance to try new vegetables. Pizza toppings can be fresh, frozen, or pre-cooked vegetables. (Leftover veggies would be great!) Stretch your imaginations as you brainstorm vegetables that represent the colors of the rainbow.

Check out [ymiclassroom.com/jane](https://www.ymiclassroom.com/jane) for a video on how to make this pizza.

SAFETY NOTE: Only grown-ups should use kitchen knives and the oven.



Equipment Needed

bowls, knife, cutting board, measuring cups and spoons, mixing spoon, 13 x 18-inch sheet pan (or pizza stone), parchment paper, oven mitts

Ingredients

1 pound	favorite store-bought regular or gluten-free pizza dough, room temperature (or substitute a pre-made frozen crust)
½ cup	favorite pizza sauce
1 cup	shredded mozzarella cheese
¾ cup	finely chopped broccoli, or another green vegetable
½ cup	thinly sliced red onions, or another purple vegetable
½ cup	diced tomatoes, or another red vegetable
¼ cup	diced orange bell pepper, or another orange vegetable
2 tablespoons	corn kernels, or another yellow vegetable
4 ¼ teaspoons	olive oil, divided
Salt to taste	
Flour for dusting	

Instructions

Instructions are for using a sheet pan. Follow your pizza stone's directions if using a stone.

- Preheat oven to 450°F.
- Cut parchment paper to match the size of the sheet pan. Dust with flour.
- On the parchment, use your hands to shape the dough into a 12-inch flat circle. Transfer parchment with dough on top to the sheet pan.
- Spread sauce evenly on the dough, leaving a thin untouched border all around.
- Sprinkle cheese on top. Set pan aside.
- Mix each vegetable separately with olive oil and salt to taste.
 - Broccoli: 1½ teaspoons olive oil
 - Red onions: 1 teaspoon olive oil
 - Tomatoes: 1 teaspoon olive oil
 - Orange bell peppers: ½ teaspoon olive oil
 - Corn: ¼ teaspoon olive oil
- Arrange broccoli in a large circle around the outer edge of the pizza. Then make smaller circles with each vegetable, ending with the corn in the center.
- Bake 20-25 minutes, until the crust has browned.
- Remove pizza to a cutting board. Let cool and then enjoy!

Making It Your Own Recipe

- Substitute any ingredients for allergies and gluten-free options if needed.
- Replace the vegetables listed with your own favorite vegetable toppings. Amounts might differ depending on the size and type of vegetable. Use the amounts listed above as a general guideline.
- NOTE: Vegetables not eaten raw, such as eggplant, butternut squash, and potatoes, should be pre-cooked before using as a topping.
- For snack-size pizzas, top bagel halves with a rainbow of vegetables instead of using pizza dough.

Think About It!

What rainbow pizza will your family make next? Create a list of vegetables you want to try so you have your shopping list ready. And here's a question for you: What do you think Jane Garcia from **Jane** on **Apple TV+** would put on her rainbow pizza?

