

LOVE STARTS IN THE KITCHEN!™

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RITA ON THE WEB! Log onto my website: www.Abouteating.com

TYLER FLORENCE COMING TO MACY'S KENWOOD!

CIRCLE WED., NOV 8 at 6:30 PM FOR A SPECIAL FREE COOKING CLASS

WITH TYLER FLORENCE! TYLER WILL PREPARE A GOURMET MEAL WITH SAMPLINGS AND RITA WILL HAVE HANDOUTS OF FAVORITE JUNGLE JIMS'S RECIPES FOR YOU! REGISTRATION IS LIMITED, SO CALL (513) 247-6390 or 6391 TODAY!

RITA'S UPSIDE DOWN PIZZA

Love really does start in the kitchen, but it's nice when that "love" can come in an easy and delicious meal. These upside down pizzas are great for kids and adults – you can make your own signature pizza. And if you're making these with kids, let them decide on the toppings – you don't have to have exact amounts of anything – just use your good judgment. Kids are always much more adventurous when they have a hand in the decision making. These pizzas are great on their own, or as a side for a steaming bowl of chill-chasing soup. And, yes, this is another great recipe to clean out the veggie bin with! I let the little ones go out into the herb garden and choose fresh Italian herbs to add to the pizzas.

As for the pita bread, whole wheat from *NATURAL FOODS* will give you the best bang for your bucks. Whole wheat is your fiber connection and can help improve digestion, reduce the risk of heart disease and cancer. And plus, it contains vitamin E, which is found mainly in cooking oil such as safflower and canola. And if you can, go organic for the veggies – you'll find lots of great organic produce in the Jungle Jim's produce aisle and in Natural Foods.

For each pizza you'll need:

- 1 pita bread, 8"
- 1 tablespoon each: (eyeball it – go to taste on these)
- Pepperoni slices, quartered if desired
- Diced bell pepper
- Diced onion or green onion
- Diced tomatoes
- Sliced mushrooms
- Shake of Italian seasoning or a few snips of fresh basil, rosemary, thyme, parsley, etc.
- Shake of garlic powder (opt)
- 2-3 tablespoons Mozzarella shredded
- 1 tablespoon Parmesan

In a 9" nonstick skillet, put pepperoni slices in. Now add everything else, except Mozzarella and Parmesan. Cook for a minute or two and then add Mozzarella. Let it start to melt – this is the "glue" that holds the pizza together. Place a pita bread on top of this mixture and press firmly. Gently rotate the pita back and forth and in a circular motion to help combine ingredients together.

Invert a flat plate over pan. Holding pan and plate firmly together, flip pizza onto plate. Top with grated Parmesan cheese. Cut into wedges and enjoy!

RITA'S HEALTH TIP: WHOLE WHEAT: THE "E" GRAIN

What's the number one grain for Americans? Wheat, and whole wheat is by far a nutritional powerhouse. It can help improve digestion, lower cholesterol so that's good for your heart and it can help reduce cancer risk. It's your fiber connection and, like all grains, wheat is rich in vitamins, minerals and complex carbs – those are the carbs that your body absorbs more slowly, which is great for keeping sugar levels stable. The vitamin E in whole wheat is what helps lower cholesterol – it prevents it from sticking to artery walls. Plus it helps fill you up and the fiber it contains keeps your motor "running" well. For the best nutrition, buy foods containing whole wheat or wheat germ, found in the *NATURAL FOODS AISLE!*

MORE RITA!

Check out my books *Gifts without Ribbons*, *Culinary Herbs that Heal Body and Soul*, *The Official Snack Guide for Beleaguered Sports parents and Sports Nutrition for Dummies* (I developed the recipes) and also my yummy bread blends.

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Rita Heikenfeld