



Stacked Lasagna Pizza Bites + Garlic-Herb Infused Oil + "Chinotto" Orange Soft Drink

By Dylan Sabuco

Prep Time 25 / Cook Time 20 / Serves 4 - 6

Shopping List

FRESH AND FROZEN

1 Roma tomato ****(see allergy subs below)****

1 orange

1/2 C frozen pitted cherries

DAIRY

1 C ricotta cheese ****(see allergy subs below)****

1/4 C Parmesan cheese ****(see allergy subs below)****

PANTRY

36 (1 pkg) wonton wrappers ****(see allergy subs below)****

2 tsp Italian seasoning

3/4 tsp salt

2 pinches ground black pepper

1 tsp garlic powder

1/2 C olive oil

3 C sparkling water

2 big pinches granulated sugar

HAVE ON HAND

- ice, optional

Fun-Da-Mentals Kitchen Skills

bake: to cook food with dry heat, as in an oven.

dice: to cut foods into small pieces of equal size so that the food is cooked evenly or looks uniform and pleasant when used in the recipe.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

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stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

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pour: to cause liquid, granules, or powder to stream from one container into another.

smash: to break up food into smaller pieces or squash food to flatten or soften it.

Equipment

- Liquid measuring cup
- Measuring spoons
- Small whisk or spoon for stirring
- Pitcher
- Cutting board
- Kid-safe knife
- Dry measuring cups
- Wooden spoon
- Strainer
- Oven
- Muffin pan
- Medium mixing bowl

- Whisk
- Rubber spatula

Ingredients

Stacked Lasagna Pizza Bites

- 36 (1 pkg) wonton wrappers ****for EGG/GLUTEN ALLERGY sub zucchini sliced into thin rounds)****
- 1 C ricotta cheese ****for DAIRY ALLERGY sub dairy-free/nut-free ricotta or cream cheese)****
- 1 Roma tomato ****for NIGHTSHADE/TOMATO ALLERGY sub 1 small zucchini)****
- 1 tsp Italian seasoning
- 1/2 tsp salt
- 1 pinch ground black pepper
- 1/4 C pre-grated or shredded Parmesan cheese ****for DAIRY ALLERGY sub dairy-free/nut-free Parmesan cheese)**
- 1/2 tsp garlic powder
- 2 T olive oil, divided

Garlic-Herb Infused Oil

- 1/4 C olive oil
- 1/2 tsp garlic powder
- 1 tsp Italian seasoning
- 1 pinch salt
- 1 pinch ground black pepper

"Chinotto" Orange Soft Drink

- 1 orange
- 3 C sparkling water
- 2 big pinches granulated sugar
- 1/2 C frozen pitted cherries
- ice, optional

Food Allergen Substitutions

Stacked Lasagna Pizza Bites

Egg: Substitute Asian rice papers for wonton wrappers and soak them in warm water for 20 seconds—only for egg-free and gluten-free kids, not for the whole class.

Gluten/Wheat: Substitute Asian rice papers for wonton wrappers, soaked in warm water for 20 seconds—only for egg-free and gluten-free kids, not for the whole class.

Dairy: Substitute dairy-free/nut-free ricotta or cream cheese for ricotta cheese. Substitute dairy-free/nut-free Parmesan cheese.

Nightshade/Tomato: For 1 Roma tomato, substitute 1 small zucchini.

Garlic-Herb Infused Oil

"Chinotto" Orange Soft Drink

Instructions

Stacked Lasagna Pizza Bites

intro

Lasagna and pizza are both classic Italian dishes! This Sticky Fingers Cooking spin on these classics is crispy, cheesy, and the perfect appetizer for any party. You will use wonton wrappers instead of pasta for a simple and quick substitution. Switching these ingredients will help us finish this recipe in half the time of a typical lasagna recipe, and the result will be crunchy on all the edges.

measure + mix

In a medium mixing bowl, measure **1 cup ricotta cheese, 1 teaspoon Italian seasoning, 1/2 teaspoon salt, 1 pinch of black pepper, 1/4 cup Parmesan cheese, 1/2 teaspoon garlic powder,** and **1 tablespoon olive oil.** Whisk to combine. Set aside for later.

chop + season

Chop **1 Roma tomato** into a small dice and add that to the cheese mixture. Stir a few times to combine.

shape

Divide **1 tablespoon of olive oil** into all the wells of a muffin pan. Place **1 wonton wrapper** into each well of the muffin pan. Then, scoop **1 to 2 teaspoons of the cheese and tomato mixture** into the wonton wrapper. After that, lay another wonton wrapper over the cheese and tomato mixture and press down gently. Now repeat one more time. Add 1 to 2 teaspoons of the cheese and tomato mixture over the wonton. Finally, place one more wonton on top and press down gently. You should have 3 wontons in each well of the muffin pan.

preheat + bake

Preheat your oven to 350 F. Once the oven is preheated, slide the muffin pan into the oven and bake for 20 minutes or until the edges of the wontons are golden brown. Carefully remove the Stacked Lasagna Pizza Bites with a rubber spatula. These snacks are perfect for a party or potluck! Dunk them into Garlic-Herb Infused Oil for an even tastier bite! Enjoy!

Garlic-Herb Infused Oil

measure + stir

Measure and stir the following ingredients in a liquid measuring cup: **1/4 cup olive oil, 1/2 teaspoon garlic powder, 1 teaspoon Italian seasoning, 1 pinch of salt, and 1 pinch of black pepper.** Set aside for 10 minutes to allow the flavors to blend. Pour into a serving dish and dunk your favorite bread or our Stacked Lasagna Pizza Bites.

scrumptious science

It is always a good idea to add dried herbs and spices towards the beginning of any recipe you are cooking. Dried herbs and spices derive their flavor from the oil that is deep inside. Those oils become less potent over time, sitting in jars in our cabinets. Heating the dried herbs and spices gently with oil will help make the flavor stronger in the end.

"Chinotto" Orange Soft Drink

measure + smash

Measure **1/2 cup frozen pitted cherries, 2 big pinches of sugar,** and **1 unpeeled orange** (sliced in half) and place them in a pitcher. Smash the ingredients together with a wooden spoon. Mix, mash, and smash for about 2 minutes. Count to 10 in Italian while you smash: 1 uno (OO-noh), 2 due (DOO-eh), 3 tre (treh), 4 quattro (KWAHT-troh), 5 cinque (CHEEN-kweh), 6 sei (SEH-ee), 7 sette (SET-teh), 8 otto (OHT-toh), 9 nove (NOH-veh), 10 dieci (dee-EH-chee).

strain + pour

Strain the cherry and orange mixture through a strainer to remove all the pulp and seeds. Divide the cherry and orange syrup into cups. Add ice and sparkling water to fill all the cups. "Salute" or "Cheers" in Italian!

Featured Ingredient: Wonton Wrapper!

Hi! I'm a Wonton Wrapper!

"I'm a small, tasty container that can hold even more yummy food packed inside. You can fill me and add me to soup or fry me up for a crisp snack!"

Chinese wonton (or won ton) wrappers may have existed for about 2,000 years. They are square, thin wrappers made from a dough of flour, eggs, water, and salt. The dough is rolled out by hand or using a pasta machine into paper-thin sheets and cut into three-inch squares.

Their name comes from the Chinese dumplings called "wonton," which are made with the wrappers and often served as appetizers. A savory filling, like seasoned ground pork and shrimp, is wrapped in one of the squares, shaped in various ways, and then sealed. They are cooked by steaming or boiling in a hot liquid, typically soup. The outer wonton wrapper takes on the quality of a tender noodle when cooked.

Wonton wrappers can be made at home or purchased in a grocery store. If homemade wrappers are not used right away, the individual squares are lightly sprinkled with cornstarch to keep them from sticking together, stacked, wrapped in plastic wrap, and stored in an airtight container in the refrigerator for no more than two days.

You can make crisps by cutting wonton wrappers into strips or triangles and frying them in oil. They can be added to salads or soups and are great dipped in hot mustard or a Chinese sweet-and-sour sauce!