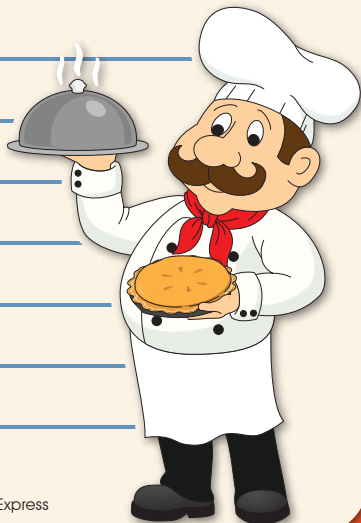


Grocery List

- frozen puff pastry _____
- frozen mixed vegetables _____
- red tomato sauce _____
- mozzarella cheese, shredded _____
- cheddar cheese, shredded _____
- 1 egg _____
- Italian seasoning _____
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Veggie Pizza Pinwheels

Ingredients:

- 1 sheet frozen puff pastry
- 3/4 cup mixed frozen vegetables
- red tomato sauce
- mozzarella cheese, shredded
- cheddar cheese, shredded
- 1 egg, beaten
- Italian seasoning

Preheat the oven to 400°F. Line two baking sheets with parchment paper. Place the frozen vegetables in a large bowl, cover with hot water (adult only), and cook for about 1 minute in the microwave. Drain completely, and spread the vegetables on paper towels. Pat dry.

Roll out the pastry. Invite children to take turns spreading red tomato sauce across the surface until it's well covered. Then, have them sprinkle cheese and the vegetables over the top.

Starting with the shorter side of the pastry, tightly roll it up. Then, cut the roll into approximately 8 pieces. Beat the egg, and add a bit of water to make an egg wash. Invite each child to brush a bit of egg wash over each pinwheel, and then sprinkle a little Italian seasoning over the top. Bake for about 15 minutes. Let cool, and serve.