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## Baking and eating day

Take a break from racing around create some edible family fun.

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Last Updated: March 10, 2011 2:00am



**Pizza In'Sano - Sano means healthy in Italian. In'Sano is how insanely tasty and healthy this pizza is. (Courtesy of Dahlia Kurtz)**

March Break is meant to be a time of relaxing and decompressing (at least for the kids) - but so often, it turns into a scheduled frenzy. Instead of running around, take one day out of the week and start a baking-and-eating ritual.

Recipes from Dahlia Kurtz's upcoming lifestyle cookbook for those who want to binge healthy.

### PIZZA IN'SANO

What could be more fun for kids than ordering in pizza? Making Pizza In'Sano. Sano means healthy in Italian. In'Sano is how insanely tasty and healthy this pizza is.

The recipe uses spelt flour (available in most health and grocery stores). It makes for a higher protein, higher nutrient pie, with an authentically chewy, yet crispy crust - it almost makes white flour jealous.

### Ingredients CRUST

- 2 1/4 tsp. (8 gram packet) quick rise yeast
- 3 cups (750 ml) whole spelt flour (divided)

- 1 cup (250 ml) very warm water
- 1.5 Tbsp. (22.5 ml) honey
- 3 tsp. (15 ml) olive oil (divided)
- 1 tsp. (5 ml) kosher salt
- 1 Tbsp. (15 ml) cornmeal (optional)

### Directions For Dough

In a bowl, combine yeast with 1 cup of the flour. Stir in very warm water, honey, 2 tsp. oil, and salt.

Add the rest of the flour as necessary until easy to work with. Knead until ball is smooth. Spelt does not require much kneading - only about a minute. Let rest 10 minutes.

Coat dough ball and bowl in 1 tsp. oil. Cover with damp cloth. Let rise in warm spot for one hour.

Divide dough for two medium or three small pizzas. (Can be refrigerated for two to three days, or frozen up to three months.)

### Making Pizza

Preheat oven to 500 F with pizza stone in it, for 30 minutes.

Roll out dough on cornmeal-coated parchment paper. Paper-thin crust is recommended for more authentic pizza", but thicker edges for crust lovers.

Lightly coat outer edge in olive oil. Top with sauce (below) and toppings. Transfer with parchment to pizza stone. Bake until golden (7 to 10 minutes depending on oven and crust thickness).

### EASY AS PIZZA PIE NO-COOK SAUCE

- 1 cup (250 ml) strained crushed tomatoes (jar is fine)
- 2 tsp. (10 ml) dried oregano
- 2 tsp. (10 ml) garlic powder
- 1 tsp. (5 ml) honey
- chili flakes (optional)
- kosher salt
- pepper

Combine ingredients, spoon directly on dough.

### TOPPING SUGGESTIONS

- 1/4 cup 15% to 18% milk fat mozzarella cheese or baby bocconcini (per pizza)
- 1 Tbsp. freshly grated 22% milk fat baby Parmesan (per pizza)
- fresh basil
- roasted garlic

thinly cut tomatoes

artichokes

red onions

veggie pepperoni

**ARE YOU FRIED, APPLE PIE?**

Remember a certain fast-food chain's fried apple pie? Well, this will bring back memories and at about 35 calories each, bring it on!

**Crust**

24 wonton wrappers

1.5 tsp. (7.5 ml) grape seed oil

Preheat oven to 350 F.

With fingers, lightly apply oil to each side of each wrapper. Mold each one into muffin tray well.

Bake 7 minutes until golden. Watch carefully.

**Filling**

4 medium apples (recommended mix: Gala, Red Delicious, Granny Smith, and McIntosh)

2 Tbsp. (30 ml) fresh lemon juice

1/3 cup (75 ml) turbinado sugar

2 tsp. (10ml) vanilla

1 tsp. (5 ml) cinnamon

1/8 tsp. (1 ml) salt

1/8 tsp. (1 ml) nutmeg

Peel, core, and dice apples.

Eat the peel. It's good for you!

In a medium pot, combine filling ingredients and cook on medium-low, stirring occasionally for 5 minutes. Cook covered an additional 5 minutes. Stir. Turn element off. Let sit covered 10 minutes to help caramelize. Then, uncover and let sit a few more minutes so the apple soaks the caramel juices back in.

Put warm or cooled apple filling in crusts and devour.