

## Meal of the Month

**Pizza Recipe****Bulk**

- Brown Rice (2 c) - bulk \$1.39/lb
- Falafel mix (1/4 c—buy Mary Jane's Farm OG Falafel mix if you are GF)
- Oregano (1/2 t)
- Basil (1/2 t)
- Parmesan (1/4c in specialty cheese section)
- 2 Eggs (bulk white)

**Produce**

- Clove of Garlic
- Additional toppings (may bring cost over \$10)

**Grocery/Dairy**

- Pizza sauce (Muir Glen 12 oz can)
- Mozzarella cheese (Western Family)

**Shortcake Recipe****Bulk/Grocery**

- All purpose flour (or Swan Bakery GF flour) (1 c)
- Baking powder (1/2 T)
- Salt
- Sugar (1 1/2 T)
- Nutmeg (1/8 t)
- Powdered sugar (1 t)

**Produce/Frozen**

- Your favorite berries (2 c)

**Dairy**

- Heavy Whipping cream (8 oz)
- Butter (3 T)
- Milk (1/3 c)

If watching your budget and controlling costs are high on your priority list, this is for you! These monthly recipes, provided by the Co-op's Member Affairs Committee (MAC), are designed to cost about \$10 and feed a family of four. Each month a different recipe is selected and made available at the Service Desk, and key ingredients are marked with shelf tags. It can't get any easier than that! And, many of these meals include cost savings by using items from our bulk department. See which of these recipes will inspire your "inner cook."

If you have a favorite recipe or meal that you'd like to contribute, first be sure to price it at the Co-op beforehand to ensure that four servings will cost about \$10. Then, drop it off at the Service Desk or email it to

[lauras@communityfood.coop](mailto:lauras@communityfood.coop) or  
[jeanr@communityfood.coop](mailto:jeanr@communityfood.coop).



Check out our food blog  
"Sassy Sampler" at  
[www.communityfoodcoop.wordpress.com](http://www.communityfoodcoop.wordpress.com)

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**FOOD CO OP**

Est. 1970—Celebrating 40 years!

July 2010

## Meal of the Month

Rice Crusted Pizza  
with GF option  
(with bonus Berry  
Shortcake Recipe)



Source: Zoe Plakias and Joy  
of Cooking (shortcake)

# Rice-crustured Pizza (with GF option) with bonus Shortcake Recipe

## INGREDIENTS—Pizza Crust

- 2 cups cooked brown rice
- 2 beaten eggs
- 2 cups grated mozzarella cheese
- ¼ cup falafel mix (*Fantastic is NOT GF, but the Organic Mary Jane's Farm is, although it might raise the cost of the recipe*)
- 2 cups pizza sauce
- ½ tsp. oregano
- ½ tsp. basil
- ½ tsp. minced garlic
- ¼ cup grated parmesan

## INGREDIENTS—Shortcake

Biscuits – adapted from the Joy of Cooking

- 1 cup all-purpose flour
- ½ Tbsp. baking powder
- ¼ tsp. salt
- 1 ½ Tbsp. granulated sugar
- 3 Tbsp. chilled butter or shortening
- 1/3 cup milk
- 2 cups berries of your choice
- 8 oz. heavy whipping cream
- 1/8 tsp. nutmeg
- 1 tsp. powdered sugar

## INSTRUCTIONS—Pizza Crust

1. Preheat oven to 450° F
2. In a large bowl, mix together cooked rice, eggs, 1 cup mozzarella, and falafel mix.
3. Press rice mixture evenly into the bottom of an edged, generously greased baking sheet.
4. Bake crust for 15-20 minutes or until lightly browned.
5. Combine pizza sauce and spices and spread over crust.
6. Top with remaining mozzarella cheese, parmesan cheese, and any desired toppings.
7. Bake 10 minutes.

## INSTRUCTIONS—Shortcake

1. Sift together dry ingredients (excluding nutmeg) in a large bowl.
2. Cut in butter/shortening with a pastry cutter or two knives until pea-sized.
3. Make a well in the center and add milk.
4. Stir until dough comes away from the side of the bowl.
5. On a lightly floured board, knead lightly 8-10 times.
6. Roll until ½ inch thick.

7. Cut out circles of approximately 2" diameter using a biscuit cutter or an upside down Mason jar.
8. Place on an ungreased cookie sheet and bake at 450° F for 12-15 minutes, or until lightly browned.
9. Toss berries with a little sugar, depending on their sweetness.
10. Whip cream. Place on top of biscuits and berries.
11. Eat slowly for full effect of summer's goodness.

**You can also purchase a pre-made shortcake from the Swan Bakery, or a bag of GF Pound cake mix!**

To cook brown rice—

1. Measure 2 c rice and rinse well in a large bowl.
2. Place rice in heavy saucepan with a tight fitting lid and cover with 4 c water and a pinch of salt.
3. Bring to a boil over high heat; cover pot and reduce heat to low (just enough to keep it boiling).
4. Cook one hour.
5. Let cool, with lid on off the heat for a few minutes before removing the lid. Fluff rice with fork.



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