



Cooking Classes. Community. Fun.



Health Center
at AURARIA



Eat WELL FEEL

good



Cooking Classes.
Community.
Fun.

Join our monthly workshops, ***Cooking with Purpose***, to build on your current culinary skills and get your hands on healthy! Meet other students who share similar interests and learn more about cooking, nutrition, and come find your community here on campus.

- ✓ A new recipe each month
- ✓ Learn lifelong skills
- ✓ Take home leftovers
- ✓ Consult with Auraria's Registered Dietitian



Slice del Cielo

SERVES: 4-6

By building your own pizza, you can prepare traditional take out that does not compromise nutrition. Lower in sodium and loaded with produce, you can top this pizza with just about anything. The more diverse the toppings are, the wider the variety of vitamins and minerals there are.

TOMATO SAUCE

- 6** ounces of tomato paste
- 2** tablespoons Italian seasoning
- 1-2** tablespoons dried oregano to taste
- ¼** teaspoon ground black pepper
- 1** teaspoon sugar
- ½** tablespoon garlic salt
- ½** teaspoon onion powder
- ½** teaspoon garlic powder
- 15** ounces tomato sauce
- 1** store bought pizza dough

TOPPING SUGGESTIONS

shredded mozzarella
roasted bell peppers
mushrooms
cherry tomatoes
tofu crumbles



PRO TIP

Try cooking tougher veggies ahead time (e.g. pepper, onions, broccoli), for a more flavorful topping.

DIRECTIONS

1. Pre-heat oven to 450 degrees Fahrenheit.
2. Mix tomato paste and sauce together in a medium-size bowl until smooth.
3. Add the rest of the ingredients – oregano, Italian seasoning, garlic powder, onion powder, garlic salt, pepper and sugar – and stir until evenly distributed throughout the sauce.
4. Taste and adjust seasonings to your liking.
5. Spread sauce onto your favorite store-bought dough.
6. Top with your favorite vegetables or protein.
7. Bake pizza for about 10-15 minutes until dough is golden and cheese is melted.



Are you in need of food assistance?

There are a variety of campus and community resources available to keep you and your family healthy. If you, or someone you know is needing some additional assistance, please reach out to your institution's CARE Team. They offer wraparound services to students. You will be assigned a case manager who will connect you to the resources that best fit your needs, and life circumstances.

CAMPUS RESOURCES

Rowdy's Corner

Tivoli 271
rowdyscorner@msudenver.edu
303-615-0423

CU Food Pantry

Wellness Suite, 3rd Floor
Lynxbasicneeds@ucdenver.edu
303-315-9355

CCD SPARC Food Pantry

Tivoli 260
sparc@ccd.edu
303-352-3243

MSU Denver Student Care Center

Tivoli 311
studentcarecenter@
msudenver.edu
303-615-0006

University of Colorado Denver CARE Team

Tivoli 311
shareaconcern@ucdenver.edu
303-352-3205

Community College of Denver Student Programming, Activities & Resource Center (SPARC)

Tivoli 260
sparc@ccd.edu
303-556-2597

COMMUNITY RESOURCES

Denver Inner City Parish

303-629-0636

Metro Caring

303-860-7200

Hunger Free Colorado

855-855-4626