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

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.

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

Denver Inner City Parish  
303-629-0636

Metro Caring  
303-860-7200

Hunger Free Colorado  
855-855-4626

healthcenter1.com  
Plaza Building 150 • 303-615-9999  
@HealthCenteratAuraria  
@HCAuraria