

Round Two - Worksheet

1. Make pizza dough, and put in fridge.
2. Blend 3lb strawberries for leather, and load dehydrator.
3. Do a little jig, because damn! You just made pizza dough and fruit leather! By the way, don't bother rinsing your blender yet - we've got more coming.
4. As long as your blender's got that leftover strawberry pulp coating its insides, go ahead and blend your reserved pint of berries and add your other smoothie ingredients. Pour into push-up molds, popsicle molds, silicone muffin molds, or ice trays, and pop into freezer.
5. If using ground sausage and ground beef in Pizza pockets and Empanadas, go ahead and brown them now (in separate pans).
6. If using sweet potatoes in Empanadas, cook them now, and let them cool slightly (8-10 minutes in microwave should do it).
7. Chop garlic and onion for Empanadas (I give mine a quick whirl in my food processor and save myself the chopping time), and add to browned beef, turning heat down to medium.
8. Grate mozzarella (I do this quickly in my food processor without even rinsing the bowl from the chopped onion, but account for more time if grating by hand).
9. Give your spinach a quick steam in the microwave (I do 2 minutes on high with a splash of water at the bottom of the bowl, then mix, then another 1-2 minutes). Volume will reduce significantly as it cooks, so do so in batches if necessary.
10. Reserve 2 cups mozzarella separately. Add Spinach-Cream Cheese filling ingredients to Food Processor bowl and mix.
11. Add frozen corn and tomato sauce to beef pan, and tomato sauce and half of wilted spinach to sausage pan. Mix well, and turn off heat. Season.
12. Prepare sweet potato mixture if using.
13. Cover all fillings (tent the food processor bowl with tin foil) and put in fridge while you prep your dough.
14. Preheat oven to 350 degrees

Menu

1. Spinach-Cream Cheese Turnovers
 2. "Pizza" Pockets (sausage, spinach and cheese, or cheese and veggie)
 3. Savory Lunch Empanadas (sweet potato and black beans, or ground beef)
 4. PLUS, SNACK: Strawberry Leather (Fruit "Roll Ups")
 5. And BONUS SNACK: Portable Smoothie "Push-Ups"
15. Roll pizza dough out and cut circles of dough, laying them on parchment-covered jelly-roll pans.
 16. Work with one filling at a time, leaving the rest in the fridge until you're ready. Place about three tablespoons of each filling in the very center of each circle for a 5-inch diameter round, and seal. Don't forget to flour your dumpling press before sealing (just run your floured finger over the rim quickly, takes less than two seconds and makes all the difference).
 17. Give each tray of hand pies a brush of egg wash or milk before popping in oven.
 18. Bake off batches, filling more pies as you bake, and cooling baked batches on racks while you load the next batch.
 19. Take a moment to scream at the world that you never want to see another hand pie again, but only one moment. This is going to have made you about 100 pies, depending on the diameter of circles you've chosen, so suck it up, buttercup!
 20. You know the drill - as the pies cool, load up a new jelly roll pan with baked pies and give them a good Flash Freezing before transferring to gallon-sized heavy-duty freezer bags.
 21. Give your fruit leather a check - it probably won't be ready yet, but you'll have a good idea of how quickly you're dehydrating, and whether you need to switch your trays around. Set yourself a timer so you remember to come back and check it again when you should.
 22. Wait for someone to come by and ask what you're having for dinner "because it smells so good in here." Make them clean up.
 23. Celebrate again. Glass of wine, or a pedicure, or melting into the couch to watch Channing Tatum take his shirt off in pretty much any movie he's ever made - whatever makes you happy, because you just super earned it!

