

Cheesy Whole Wheat Vegetable Calzones

Creamy, cheesy vegetable filling inside a whole wheat bread

Yield:

6 servings

Ingredients:

Calzone Dough Ingredients:

1 cup warm water (110-115 degrees)
2 tablespoons oil
1 tablespoon sugar
1 teaspoon salt
2 3/4 to 3 cups whole wheat flour
1 tablespoon dry yeast

Filling Ingredients:

4 ounces cream cheese, softened
2 teaspoons dried onions
1/3 cup pizza sauce
1/3 cup Italian salad dressing (creamy or regular)
1 large head of broccoli (about 7 ounces)
1 large carrot, finely shredded
1 small green pepper, chopped
1 teaspoon salt
1/4 teaspoon black pepper
8 ounces (2 cups) shredded sharp cheddar cheese

Instructions:

1. Prepare whole wheat calzone dough by putting ingredients (in order listed) into a large bowl (or bread machine), using about 2 cups of the flour. Stir to combine; continue adding

flour and knead mixture with hands to make a smooth, elastic dough. Knead 5 minutes. Let dough rest while you prepare the filling.

2. Begin preparing the filling by chopping the broccoli into florets. Place broccoli into a sauce pan with minimal water. Cover and bring to a boil. Cook 2-3 minutes, until broccoli is just starting to get tender and change color. Drain well.

3. In a large bowl, mix filling ingredients in order listed.

4. Divide dough into 6 equal pieces. Pat or roll each piece into a 7-inch circle on a lightly floured surface.

5. Top half of each circle with about 3/4 cup of the filling mixture, spreading to within one inch of the edge. Fold dough over filling and crimp edges to seal, leaving a half-circle.

6. Place calzones on greased cookie sheets or jelly roll pans. Sprinkle with salt if desired. Bake at 375 degrees until bread is cooked and filling is hot, about 25-30 minutes. Cover loosely with foil part way through baking if calzones start to brown too quickly.



This recipe is from Tammy's Recipes.