

Pizza Pockets

Make plans to eat healthier! Add this recipe to your weekly menu, and plan to use leftover meat or cheese in place of the deli meat or mozzarella.



Ingredients:

2 cups	All purpose flour	500 mL
1 cup	Whole wheat flour	250 mL
2 tsp	Quick rising dry yeast	10 mL
1 tsp	Salt	5 mL
2 Tbsp	Canola oil	30 mL
1 ½ cup	Warm water	375 mL
1 cup	Tomato sauce	250 mL
2 cups	Low fat deli meat, diced (optional)	500 mL
2 cups	Part skim mozzarella cheese, 20% M.F. or less, shredded	500 mL
	Non-stick cooking spray	

Directions:

1. In a large bowl, combine flours, yeast, salt and oil. Gradually stir in water and mix by hand until dough forms. Add more water if needed.
2. Turn out dough onto lightly floured surface and knead for 5–10 minutes or until smooth and elastic.
3. Lightly spray a large bowl with non-stick cooking spray. Place dough in the bowl and turn dough to coat with non-stick spray.
4. Cover with plastic wrap and let rise in a warm, draft-free place until doubled in size.
5. Preheat oven to 375°F (190°C).
6. Turn out dough onto lightly floured surface. Divide into 12 equal pieces and shape each piece into a disk. Roll out each disk into a circle.
7. Add small amount of sauce, meat (if using), and cheese to centre of dough, leaving a ½ inch (1 cm) rim of dough around the edge.
8. Fold the dough over to create a half moon shaped pocket. Pinch the edges to seal filling inside.
9. Lightly spray a baking sheet or pizza pan with non-stick cooking spray. Arrange pizza pockets on greased pan and allow them to rest for at least 20 minutes before baking.
10. Bake for 20–25 minutes or until crust is golden brown.

Makes 12 servings (1 pizza pocket/ 126 g)

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Nutrition Facts	
Per 1/12 of recipe (1 pizza pocket/ 126 g)	
Amount	% Daily Value
Calories 210	
Fat 6 g	9 %
Saturated 2.5 g + Trans 0 g	13 %
Cholesterol 20 mg	
Sodium 640 mg	27 %
Carbohydrate 26 g	9 %
Fibre 2 g	8 %
Sugars 1 g	
Protein 13 g	
Vitamin A	8 %
Vitamin C	2 %
Calcium	10 %
Iron	15 %

Nutrient Claim	Amount per serving
Source of fibre	2 g
Source of calcium	134 mg
Source of magnesium	31 mg
Very high in folate	69 mcg
Source of iron	1.9 mg

Canada's Food Guide Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	0
Grain Products	1
Milk and Alternatives	1/2
Meat and Alternatives	1/4

*Nutrient analysis includes optional low fat deli ham

This is a Choose Sometimes recipe (Mixed Dish–Meat based) according to the Alberta Nutrition Guidelines.