

# Veggie Pizza Pockets

Prep 1H 20M | Cook 25M | Enjoy in 1Hr 45M

Made with whole wheat flour and stuffed with veggies, these homemade pizza pockets have all the flavour of the store-bought version, with more wholesome ingredients.

## INGREDIENTS

### Dough

- 1 tbsp active dry yeast
- 1 tbsp sugar
- 1 cup warm water
- ½ cup milk
- 2 tbsp butter, melted
- 3 cups all-purpose flour
- 2 tsp cornmeal
- 1 tsp salt

### Filling

- 1 cup sliced red peppers
- 1 cup sliced mushrooms
- 1 cup spinach
- ¾ cup tomato sauce
- 1 cup shredded mozzarella cheese
- 1 tbsp grated parmesan cheese
- 1 tbsp Italian seasoning
- 1 tsp olive oil

Optional: ½ cup diced cooked ham

## DIRECTIONS

1. Preheat oven to 350 °F.
2. Combine yeast, sugar and water. Allow to sit for 10 minutes.
3. In a separate bowl, combine milk and melted butter and mix well.
4. In a third bowl, combine flour, cornmeal and salt. Add milk mixture and yeast mixture to create the dough. Knead for 8 minutes.
5. Cover dough and allow to rest until doubled in volume, about 30 minutes to 1 hour. Cut into 8 pieces and roll out into circles.
6. While the dough is resting, sauté peppers, mushrooms and spinach.
7. Add 1-2 tbsp of tomato sauce to each dough circle, along with ham, sautéed vegetables and 2 tbsp of mozzarella cheese. Fold the dough in half and pinch the edges to seal.
8. Brush olive oil over the pockets and sprinkle with Italian seasoning and Parmesan cheese. Bake for 25 minutes.
9. Serve and enjoy, or store in fridge or freezer for up to 3 months.

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## NUTRITIONAL FACTS

Serves 8

Nutritional analysis per 1 pizza pocket: 324 calories, 10 g fat, 14 g protein, 44 g carbohydrate (41 g available carbohydrate), 3 g fibre, 626 mg sodium