



Veggie Calzone

Recipe Courtesy Chef Bryan Woolley

½ small yellow onion, sliced thin
½ cup chopped spinach
½ cup chopped broccoli
½ cup sliced mushrooms
1 tablespoon garlic, minced
1 medium red pepper, seeded and sliced into strips
½ tsp dried oregano
½ tsp dried basil
2 teaspoons olive oil
1 medium, ripe tomato, sliced
½ cup mozzarella cheese, shredded
2/3 cup commercial pizza sauce

Dough

1 tbsp yeast
¾ - 1 cup warm water
1 cups whole wheat flour
1 tbsp gluten
2 Tbsp wheat germ
¼ teaspoon salt
2 tsp honey

1. Preheat the oven to 400 F. Lightly coat a baking sheet with cooking spray.
2. Mix water and yeast together in a large bowl. Let sit for 10 minutes.
3. Add remaining ingredients and knead until smooth, about 10 minutes. If needed add flour.
4. Let sit for about 15 minutes.
5. In a medium bowl, add the pepper, onion, broccoli, mushrooms and garlic. Drizzle 1 teaspoon of the olive oil over the vegetables and toss to mix well.
6. Sauté vegetables in a large nonstick frying pan over medium-high heat for about 5 minutes, stirring frequently. Add spinach, basil and oregano. Cook for about 1 minute more. Remove from heat and set aside to cool.
7. On a floured surface, cut the dough in half. Press each half into a circle. Using a rolling pin, roll the dough into an oval.
8. On half of the oval, add 1/2 of the sautéed vegetables, tomato slices and 1/4 cup cheese. Wet your finger and rub the edge of the dough that has the filling on it. Fold the dough over the filling, pressing the edges together. Roll the edges up and then press them down with a fork. Place the calzone on the prepared baking sheet. Repeat to make the other calzone.
9. Brush the calzones with the remaining 1 teaspoon olive oil. Bake until golden brown, about 20 minutes.
10. Heat the pizza sauce in the microwave or on the stove top. Place each calzone on a plate. Serve with 1/3 cup pizza sauce on the side or pour the sauce over the calzones.
11. Makes 2 servings

Nutrition Facts

Serving Size: 1 calzone
Calories: 500
Total Fat: 12g
Saturated Fat: 4g
Cholesterol: 20mg
Sodium: 980mg
Carbohydrates: 75g
Dietary Fiber: 15g
Protein: 28g

Diabetic Exchanges

Protein: 4
Fat: 2.4
Carbohydrates: 5