

Veggie Pockets

Stone Cold Chefs
A.A. Kingston Middle School, Potsdam Central School



Ingredients:

2 Tbsp	Extra Virgin Olive Oil
3	Garlic Cloves*
1	Yellow Squash, Medium
1	Zucchini, Medium
1 14.5 oz can	Tomatoes, Canned, Diced, No Salt Added**
1	Vidalia Onion
1 tsp	Oregano, Dried
4 tsp	Parsley, Flat Leaf, Fresh, Chopped
Pinch	Salt & Pepper
8 oz.	Spinach, Fresh*
1 15.5 oz. can	Garbanzo Beans, Drained & Rinsed**
1 lb	Whole Grain Pizza Dough
16 oz.	Mozzarella, Low-fat, Shredded
24 oz. jar	Marinara Sauce
1	Egg, Whisked
As needed	Cooking Spray
As needed	Flour (to keep dough from sticking)

Directions:

Preheat oven to 350 degrees F. Prepare cookie sheet with cooking spray.

Prepare the following veggies and set each aside for later use: Mince 3 cloves of garlic. Cut the yellow squash and zucchini in half lengthwise, and then chop the halves into thin slices. Thinly slice the onions. Roughly chop the spinach into bite sized pieces. Chop parsley, divide into 2 parts and set aside.

Heat the olive oil in a pan over medium - high heat and sauté the onions until translucent. Reduce heat to medium and add the garlic. Turn once then add in the squash and zucchini and sauté them until they are crisp tender. Add garbanzo beans and continue to sauté for 2 minutes. Then add the tomatoes and sauté them until they just begin to break down - about 3 minutes. Stir in oregano, salt and pepper. Turn off heat and set pan aside. Add in chopped spinach, stir once and cover.

Divide the dough into eighths. Sprinkle flat surface with flour and pat or roll out each piece of dough into a circle, 4-5 inches across. Divide mozzarella cheese and sprinkle onto 1/2 of each circle, staying back from the edges. Spoon a tablespoon of the marinara sauce over the mozzarella. Spoon the veggie mixture over the cheese, keeping the edges clean. Fold the other half of each dough over and seal the edges with the egg wash. Transfer each veggie pocket to prepared cookie sheet, spacing evenly, and brush the entire roll with the remaining egg wash. Poke top with fork for steam to release.

Bake until the crusts are firm and lightly browned and the dough is cooked through, 15-20 minutes. If desired, serve each veggie pocket with a small dish or cup of marinara sauce and garnish with remaining parsley.

*Local Product **Commodity (USDA) Product

