

Veggie Pockets with Dipping Sauce

The Treble Chefs
J.W. Leary Jr. High School; Massena Central School



2013

Ingredients:

Dough

1 Pkg. (2 ¼ tsp)	Active Dry Yeast
1 ½ Cups	Whole Wheat Flour*
1 Tbsp	Sugar
1 ½ Cups	All-Purpose Flour
½ Cup	Warm Water (110-115 degrees)
1 tsp	Salt
¾ Cups	Cold Water
1 Tbsp	Vegetable Oil

Filling

2 Tbsp	Non-Stick Vegetable Cooking Spray
2	Olive Oil
2	Zucchini, Small, Chopped
1	Onion, Medium, Minced*
4	Carrots, Shredded
4	Potatoes, Peeled & Chopped*
1 Cup	Black Beans, Canned, Rinsed & Drained**
½ Cup	Corn, Frozen**
½ Cup	Water
1 Cup	Mozzarella or Cheddar Cheese, Light, Shredded*
To Taste	Salt & Pepper

Sauce

1 (15 oz.) Can or 2 Cups	Tomatoes, Canned, Diced, No Salt Added**
2 tsp	Italian Seasoning
1 tsp	Salt
½ tsp	Sugar
½ tsp	Garlic Powder
½ tsp	Onion Powder

Directions:

Dough:

1. Preheat oven to 350° F.
2. Spray pan lightly with vegetable cooking spray or line with parchment paper.
3. In a small mixing bowl, stir the yeast and sugar in the warm water until dissolved. Let stand 10 minutes.
4. In a large mixing bowl combine the flours and salt with a fork.
5. Add the yeast mixture to the flour mixture.
6. Add the cold water and vegetable oil and mix well with a wooden or plastic spoon to make dough.
7. Turn out the dough onto a lightly floured board or counter.
8. Knead the dough for 2-4 minutes on lightly floured surface until it is smooth and elastic. It should not be sticky or too dry with flour.
9. Let the dough rest (do not touch it) for at least 5 minutes. Spray with non-stick spray and cover with plastic wrap to keep it soft while preparing the filling.
10. Press the dough into a large rectangle and cut into 12 pieces. Stretch and flatten into rectangles.

Filling:

1. Sauté vegetables in 2T olive oil in a large skillet
2. Add 1/2 cup water and simmer until tender.
3. Add 1 cup shredded low-fat cheddar or mozzarella cheese.
4. Fill dough rectangles, bring edges together and flute, poke holes on top.
5. Spray with non-stick spray and shake salt and pepper on top.
6. Bake @ 350 for 15-20 minutes or until soft brown. Serve with dipping sauce.

Dipping Sauce: Chop the tomatoes with a hand chopper and drain some of the liquid, add the seasoning, salt, sugar, garlic powder and onion powder in small mixing bowl and serve 1/8 to 1/4 cup on side.

*Local Product

**Commodity (USDA) Product

