

BBQ Calzone

Nutrition News: This recipe is an excellent source of vitamin C, which promotes healthy gums and blood vessels. It is also a good source of calcium and iron which keeps bones and teeth strong and carries oxygen in our blood.

Ingredients:

Crust

- ¼ teaspoon yeast
- 1½ teaspoon sugar
- ¾ cup of water
- ¼ teaspoon olive oil
- ½ teaspoon salt
- ¾ cup whole wheat flour
- ¾ cup all-purpose flour

Filling

- 1 teaspoon olive oil
- ¼ cup yellow bell pepper
- ¼ cup green bell pepper
- ¼ cup red onion
- ¾ cup mushrooms
- 7 oz of chicken, cooked and diced.
- ½ cup BBQ sauce
- ¾ cup cheddar cheese, reduced fat
- 1 clove of garlic

Directions:

1. In large bowl dissolve yeast and sugar into water.
2. Stir olive oil into wheat flour, add to yeast mixture. Gradually add all-purpose flour, stir until flour is combined well.
3. Divide dough into two batches and knead for about 4 minutes until elastic like. Spray bowl with pan spray, place dough in bowl, cover with damp cloth and let dough rise for about 1 hour. Punch down. Shape into 6 2 oz. rolls and let rest for 10 minutes.
4. Slice peppers and onions into long thin strips. Chop mushrooms. Heat large pan with vegetable oil and sauté peppers, onions, and mushrooms until tender.
5. Mix chicken, pepper/onion/mushroom and other filling ingredients together.
6. Preheat oven to 380° F.
7. Roll out dough into 5-6" circle and place approximately ¾ cup calzone filling on one side, away from edges. Fold over top and pinch to seal into pocket.
8. Cut 3 1-inch slits in each calzone to ventilate.
9. Bake for 15-20 minutes until golden brown.

Nutrition Facts			
Serving Size 1 calzone (158g)			
Servings Per Container 6			
Amount Per Serving			
Calories	300	Calories from Fat	90
		% Daily Value*	
Total Fat	10g		15%
Saturated Fat	3g		15%
Trans Fat	0g		
Cholesterol	20mg		7%
Sodium	630mg		26%
Total Carbohydrate	39g		13%
Dietary Fiber	3g		12%
Sugars	7g		
Protein	13g		
Vitamin A	4%	Vitamin C	30%
Calcium	15%	Iron	10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	Carbohydrate 4 • Protein 4

Yield: 6 servings