

Veggie Calzones

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Servings: 8

Preparation Time: 25 minutes

Bake Time: 35 minutes

To use frozen calzones: Place two inches apart on a greased baking sheet. Bake at 350 degrees for 30 to 35 minutes or until golden brown.

1/2 pound fresh mushrooms, chopped
1 medium onion, chopped
1 medium green pepper, chopped
2 tablespoons canola oil
3 plum tomatoes, seeded and chopped
1 can (6 oz) tomato paste
1 cup (4 oz) Monterey Jack cheese, shredded
1 cup (4 oz) part skim milk mozzarella cheese, shredded
1/2 cup Parmesan cheese, grated
2 loaves (1 lb each) frozen bread dough, thawed
1 egg
1 tablespoon water

Preheat oven to 375 degrees.

In a large skillet, saute' the mushrooms, onion and green pepper in oil until tender.

Add the tomatoes. Cook and stir for 3 minutes.

Stir in the tomato paste. Set aside.

Combine the Monterey Jack, mozzarella and Parmesan cheeses. Set aside.

On a highly floured surface, divide the dough into eight pieces. Roll each piece into a 7-inch circle.

Spoon a scant 1/2 cup of the vegetable mixture and 1/4 cup of the cheese mixture over one side of each circle. Brush the edges of the dough with water. Fold the dough over the filling and press the edges with a fork to seal.

Place the calzones three inches apart on greased baking sheets.

Cover and let rise in a warm place for 30 minutes.

Whisk the egg and water and brush over the calzones.

Bake for 15 minutes.

If freezing some of the calzones, remove the desired number to a rack for cooling.

Bake the calzones for 18 to 22 minutes longer or until golden brown.

Serve immediately.

If any calzones are being frozen, when cooled, place them in individual freezer bags. Seal and freeze for up to three months.

Per Serving (excluding unknown items): 503 Calories; 17g Fat (31.1% calories from fat); 23g Protein; 62g Carbohydrate; 6g Dietary Fiber; 51mg Cholesterol; 1021mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fat.