



## Make Ahead Meals - Pizza Pockets

Makes 8 pizza pockets

### Ingredients:

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1 tbsp	cornmeal	15 mL
2 cups	shredded part-skim mozzarella cheese	500 mL
1 cup	prepared pizza sauce	250 mL
1 cup	thinly sliced pepperoni rounds (about 4 oz/125 g)	250 mL
1 recipe	Perfect Pizza Dough (below)	1 recipe

### Directions:

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1. Preheat oven to 450°F (230°C). Lightly grease cookie sheets or spray with nonstick cooking spray; dust with cornmeal.
  2. In bowl combine mozzarella cheese, pizza sauce and pepperoni. Set aside.
  3. Divide Perfect Pizza Dough into 8 equal balls; flatten each into a 6 to 8-inch (15 to 20 cm) round disk. Top each with 1/8 of the sauce mixture.
  4. Lightly wet dough around edges; fold in half over filling and seal edges by pressing together well with back of fork. Place on prepared cookie sheets.
  5. Bake in bottom half of oven for 12 to 15 minutes or until golden brown.

### Perfect Pizza Dough - Makes enough dough for 8 Pizza Pockets

2 cups	all-purpose flour (approx)	500 mL
1/2 cup	whole wheat flour	125 mL
1 tbsp	quick-rising instant yeast	15 mL
1 tsp	granulated sugar	5 mL
1/2 tsp	salt	2 mL
1 cup	warm water	250 mL
1 tbsp	olive oil	15 mL

In large bowl, combine all-purpose and whole wheat flour, yeast, sugar and salt. Stir in water and oil until blended. Turn dough onto lightly floured surface; knead for 8 to 10 minutes or until smooth and elastic, adding more flour as required to prevent dough from sticking. Cover and let rest for 10 minutes. Shape dough into 2 disks.