

# Cooking with White Whole Wheat Flour



## Chicken Calzone

Serves: 4 | Serving Size: 1/2 calzone

### *Dough Ingredients:*

3 cups white whole wheat flour  
1 cup water  
1 tablespoon milk powder  
1 teaspoon sugar  
1/2 packet yeast  
1 tablespoon olive oil  
Dash of salt

### *Filling Ingredients:*

2 cups cubed chicken breast  
2 cups sliced mushrooms  
1 cup red bell pepper, diced  
1/2 cup sliced onions  
1 teaspoon minced garlic  
1 teaspoon Italian seasoning

2 cups of heart-healthy pasta sauce, heated

### *Directions:*

Combine the dough ingredients in a bread machine and mix on dough mode. Or mix everything by hand until the dough is elastic. Allow to rise for 30-60 minutes.

Meanwhile, heat a barbecue grill to 400°F. Place the chicken, sliced mushrooms, diced peppers, sliced onion, and garlic on oiled foil and grill until the chicken is done, about 15 minutes. Allow to cool.

Divide the dough into two pieces. Roll each one out until it is 1/4 inch thick and in a round shape.

Place half the filling in the center of one dough circle. Fold the circle in half over the filling. Seal the edges with water. Repeat with the other half of the ingredients.

Put the 2 calzones on a lightly oiled sheet pan and bake for 25-30 minutes at 425°F.

Serve each half atop 1/2 cup low-sodium pasta sauce with a salad on the side.

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