

Calzones

Dough Ingredients:

1 Tbsp. yeast
1 tsp. sugar
1 c. warm water (115°-125°)
1/4 tsp. salt
2 Tbsp. oil
2-3 c. flour

Filling Ingredients:

1/2 c. pizza sauce
30 pepperoni slices
1/4 c. sliced olives
1/4 c. sliced mushrooms
1/2 c. pineapple
1 1/2 c. grated mozzarella cheese

1. Preheat oven to 375°.
2. In a medium white mixing bowl, combine the yeast, sugar and warm water. (Be sure to use your thermometer to measure the temperature of the water. Also, be sure to take the cover off of the thermometer before using.) Stir to allow yeast to dissolve. Prop the bowl up with a large towel and cover with another large towel.
3. After the yeast is activated, (it should be frothy and foamy), add the salt and oil and stir with a wooden spoon.
4. Slowly add the flour, 1/2 c. at a time, stirring with your wooden spoon until it is ready to be kneaded on the countertop. Sanitize and lightly flour your countertop and knead the dough for about 5 minutes. Don't add too much flour. Only add flour if it sticks to you or the countertop.
5. Divide the dough into six equal sections and roll each section out into a circle about 6-inches across.
6. Spread the pizza sauce onto 1/2 of the circle, leaving about 1/2-inch around the edge so you can seal it.
7. Layer the remaining filling ingredients onto the dough circle, (on top of the pizza sauce side). Evenly distribute all of the filling ingredients between all of the calzones before you close them up.
8. Fold the other half of the dough circle over the filling and seal the edge by pressing it together with a fork. Be sure to seal the edge securely so that none of the filling will leak out.
9. Poke holes or cut small slits in the top to allow the steam to escape.
10. Carefully transfer the calzones onto a greased cookie sheet.
11. Bake in the middle of your oven at 375° for 20-25 minutes, or until golden brown.

Recipe Evaluation

Fill in the chart with the correct information relating to the different types of sugars:

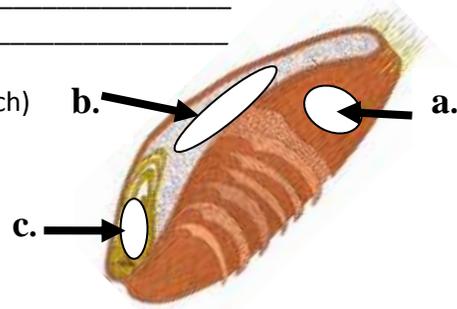
	Food Source(s)	Sugar (ends in "ose")	Another Common Name
1.	Table Sugar, Cane Sugar		Table Sugar
2.	Fruit		Fruit Sugar
3.	Grains		Malt Sugar
4.	Milk		Milk Sugar
5.	Veggies, Grains, Fruits		Blood Sugar

6. What are THREE ways you can increase your fiber intake?

- a. _____
- b. _____
- c. _____

7. Label the three parts of the wheat kernel: (3 pts. total-1 pt. each)

- a. _____
- b. _____
- c. _____



8. How many grams of fiber should we consume each day?

- a. _____