



Homemade Hot Pockets

This Recipe Serves 8

Ingredients

For Dough (do first)

1 cup warm water (around 100 degrees)
1 Tablespoon honey
1 packet active dry yeast
1 Tablespoon olive oil
1 cup whole wheat flour
1 cup all-purpose flour
1 teaspoon salt
Cooking spray

For Filling

1 Tablespoon olive oil
8 ounces mushrooms, diced
4 cups baby spinach
1 clove garlic, minced
¼ cup chopped Kalamata olives
Salt and Pepper to Taste
1 cup feta cheese
1 egg, beaten with 1 tablespoon water

Directions

1. Set up a mixer fitted with the dough hook attachment. If you do not have a mixer, set up the food processor. Add warm water, honey, and yeast to the mixing bowl or food processor bowl and let the yeast bloom for 5 minutes. The yeast should begin to get frothy.
2. Add the olive oil flours and salt and mix on low until flour is incorporated. If using a mixer with the dough hook attachment, turn the speed up to medium and knead the dough for 5 minutes. If using a food processor, turn the dough onto a clean, floured board or counter top and knead by hand for 5-7 minutes. If the dough is too sticky, add a Tablespoon of flour at a time until it forms a smooth dough.
3. Add kneaded dough to a large bowl coated with cooking spray, cover and put in a warm place for one hour to rise.
4. While the dough is rising, preheat the oven to 400 degrees F. Coat a baking sheet with cooking spray. Set aside.
5. In a medium sauté pan, heat olive oil over medium-high heat. Add mushrooms and spinach and sauté until softened and all of the liquid from them is evaporated.
6. In a medium bowl, combine mushrooms, spinach, garlic, olives, salt, pepper and cheese. Set aside.
7. Divide the dough into eight balls and let rest, covered with plastic wrap, for about 15 minutes. Roll out each dough round to 1/4 inch thickness. Add 1/8 of filling (about 1/2 cup) to each round. Fold over to form a calzone and press the edges to seal. Repeat this process for the remaining 8 hot pockets and place on the baking sheet.
8. Brush each hot pocket with egg wash and bake for 25 minutes or until golden brown.

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