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Subject: PEPPER CALZONES FROM LHJ
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PEPPER CALZONES FROM LHJ ONLINE http://www.lhj.com

Try this pizza-in-a-pocket recipe for a relaxing family dinner.
To preparc
calzones ahead, refrigerate or freeze, then reheat for a quick
lunch.

Prep time: 30 minutes plus standing and rising
Baking time: 23 to 25 minutes
Degree of difficulty: easy
Low-fat
Low-calorie

DOUGH
1 cup warm water (105 to 115 degrees)
1/2 teaspoon sugar
1 teaspoon active dry yeast
1 cup whole wheat flour
1 tablespoon olive oil
1/2 teaspoon salt
1 1/2 to 1 3/4 cups all-purpose flour

FILLING
3/4 cup part-skim ricotta cheese
2 tablespoons freshly grated Romano or Parmesan cheese
2 teaspoons chopped fresh oregano or 1/2 teaspoon dried,
crumbled
1/2 teaspoon salt
1/4 teaspoon freshly ground pepper
1 teaspoon olive oil
1 cup chopped onions
1 red bell pepper, cut into 1/4-inch dice
1 green bell pepper, cut into 1/4-inch dice
1/2 teaspoon minced garlic

Vegetable cooking spray

1. Make dough: Combine warm water and sugar in large bowl.
Sprinkle yeast
over top; let stand 10 minutes until creamy. Stir in whole wheat
flour with
a large wooden spoon. Cover and let stand in a warm, draft-free
place 30 to
40 minutes until mixture is slightly bubbly around edges. Stir
in olive oil
and salt. Gradually stir in 1 1/2 cups all-purpose flour until