

## Dinner

# Turkey Sausage – Stuffed Pizza Pockets

### Ingredients:

- 1 tablespoon olive oil
- 8 ounces uncooked Italian poultry sausage, casings removed
- 1/3 cup simple marinara sauce
- 4 cups lightly packed chopped fresh arugula or spinach leaves
- 1 tablespoon cornmeal or flour
- 1 pound whole wheat pizza dough, thawed if frozen
- 1 cup shredded part skim mozzarella cheese
- 1 egg, beaten
- 2 tablespoon freshly grated parmesan cheese



### For serving:

- 1 cup simple marinara sauce, optional

## Directions:

---

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. Heat the oil in a medium skillet over medium-high heat. Add the sausage to the pan and cook, breaking it up with a spook, until it is browned and crumbled, about 4 minutes. Add the marinara sauce and cook, stirring until the liquid is nearly all absorbed or evaporated, 1 to 2 minutes. Stir in the arugula or spinach and cook until just wilted, 1 minute more. Set aside to cool slightly.
3. Meanwhile, sprinkle the cornmeal or flour onto a clean work surface and use a rolling pin and / or your hands to stretch out the dough into a large rectangle about 12 x 18 inches. (Helpful hint: if the dough keeps springing back, let it rest for a few minutes before you begin to stretch it again.) Using a sharp knife or pizza cutter, cut the dough into eight equal sized rectangles.
4. Stir the mozzarella cheese into the cooled sausage mixture. Place about 1/4 cup of the filling on one side of each rectangle.
5. Brush the border of each rectangle with some of the egg, then close the dough over the topping and use a fork to crimp the edges and seal each on closed. Brush the tops with the egg and sprinkle with parmesan cheese. Place the pockets on the prepared baking tray and bake until golden brown, 15 to 18 minutes.
6. Serve with warmed marinara sauce, if desired.