



Sausage & Vegetable Pocket Sandwiches

Prep: 15 minutes plus standing

Bake: 15 minutes • Serves: 4

- 8 ounces crumbled Italian sausage, casings removed if necessary (about 1 cup)
- 4 ounces white mushrooms, sliced (about 1 cup)
- ½ red bell pepper, chopped (about ½ cup)
- ¼ small yellow onion, chopped (about ¼ cup)
- 1 teaspoon dried oregano
- ¼ cup drained, sliced black olives
- Nonstick cooking spray
- 1 package (11 ounces) refrigerated thin crust pizza dough
- 4 slices provolone cheese (about 4 ounces)
- 2 teaspoons olive oil
- Chopped fresh thyme leaves for garnish (optional)

1. Preheat oven to 400°. In large skillet, cook sausage over medium heat 6 to 8 minutes or until browned, breaking up sausage with side of spoon. With slotted spoon, transfer sausage to small bowl.

2. Add mushrooms, bell pepper, onion, oregano and 2 tablespoons water to skillet; cook over medium heat 4 to 5 minutes or until vegetables are tender. Remove skillet from heat; stir in olives and sausage.

3. Spray rimmed baking pan with nonstick cooking spray. Unroll dough on work surface; press dough into 12 x 12-inch square. Cut dough lengthwise in half, then crosswise in half to make four 6-inch squares. Leaving a 1-inch border, place 1 slice cheese in center of each square; top with ⅓ cup sausage mixture. On each square, fold corners of dough towards center over filling; pinch edges to seal. Place sandwiches on prepared baking pan.

4. Lightly brush sandwiches with oil. Bake sandwiches 15 to 20 minutes or until outsides are lightly browned. Let stand 5 minutes. Serve warm garnished with thyme, if desired.

Approximate nutritional values per serving:

319 Calories, 22g Fat (9g Saturated), 49mg Cholesterol, 670mg Sodium, 12g Carbohydrates, 1g Fiber, 16g Protein