

Serves 4 • Serving size: 1 pocket



PREP: 10 minutes
COOK: 18 minutes

Cheesy Broccoli POCKETS

½ cup chopped steamed broccoli florets
½ cup Cheddar, shredded
¼ cup mayonnaise
1 garlic clove, peeled and crushed
4 dashes hot sauce
Pinch of ground nutmeg
1 round layer prepared pie dough

1. Preheat oven to 375° F/190° C.
2. Use the Grate Master™ Shredder, shred ½ cup Cheddar.
3. In a medium bowl, stir together broccoli, Cheddar, mayonnaise, garlic, hot sauce and nutmeg. Add salt and pepper to taste.
4. Cut pie dough sheet in quarters, creating four wedge shapes; divide broccoli mixture evenly between the four pieces of dough. Fold dough over itself, enclosing the broccoli, and crimp edges together with tines of a fork.
5. Place broccoli pockets onto baking sheet lined with Silicone Wonder® Mat. Place pan in oven and bake 16–18 minutes or until dough is golden brown. Remove pan from oven, let stand 10 minutes. Serve warm or refrigerate, sealed in a Tupperware container up to 3 days.

Nutritional Information (per serving):

Calories: 350 Total Fat: 25g Saturated Fat: 7g Cholesterol: 20mg
Carbohydrate: 25g Sugar: 1g Fiber: 2g Protein: 7g Sodium: 440mg
Vitamin A: 10% Vitamin C: 15% Calcium: 10% Iron: 8%

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Tupperware®



TO DEMO



Grate Master™
Shredder

OPTIONAL



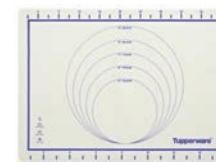
Measuring
Cups



Measuring
Spoons



Silicone
Spatula



Silicone
Wonder® Mat