

Calzones

Makes 4-5

500 mL all-purpose flour
20 mL baking powder
5 mL salt
60 mL shortening
250 mL milk

1. Sift flour, baking powder and salt into a large bowl.
2. Cut in shortening using a pastry blender.
3. Add milk slowly to form a soft dough. Use a fork to stir.
4. Knead dough on a lightly floured counter 10 times.
5. Place a bowl over the dough and let it rest for 10 minutes.
6. Chop all fillings and set aside.
7. After 10 minutes, cut dough into 3-4 equal pieces. (use a cutting board)
8. Roll each piece of dough into a circle (dough should be $\frac{1}{2}$ cm thick).
9. Spread sauce over circle leaving a 1 inch border sauce free.
10. Sprinkle fillings over half of the sauce. Fold dough in half.
11. Wet edges of dough using your finger dipped in water. Seal edges with a fork.
12. Bake at 400°F for 15 minutes on a parchment covered cookie sheet.

Greek Salad

Salad Ingredients

Assorted vegetables cut to bite sized
Feta Cheese cut or crumbled
Black olives (optional)

Dressing Ingredients

$\frac{1}{4}$ C oil (olive or canola) 2 tsp. lemon juice
2 tsp. red wine vinegar 1 clove garlic (pressed)
2 tsp. dried oregano salt and pepper to taste

Combine all salad ingredients in a large bowl. Whisk all salad dressing ingredients in a small bowl. Pour salad dressing on salad, toss, chill and serve. (This salad is also great the next day).

Frozen Mochaccinos

4 ice cubes
2 C milk
1-2 scoops ice-cream (vanilla or chocolate)
 $\frac{1}{4}$ C cold strong coffee
 $\frac{1}{4}$ C chocolate syrup

Blend first two ingredients until ice cubes are in small pieces.
Add remaining ingredients and blend until smooth. Serve.