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Gnocchi with Thyme Sauce



Lemon Maple Scones with Clotted Cream



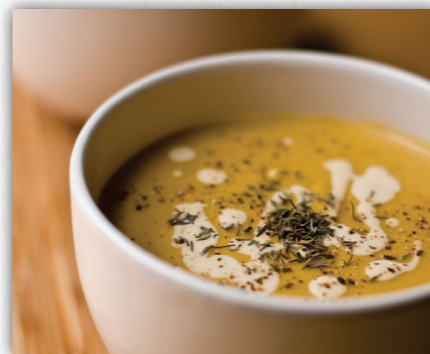
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Flaky Pizza Purses



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Gnocchi with Thyme Sauce



Flaky Pizza Purses



Asparagus Bean Pesto Tart

## Flaky Pizza Purses

**Total Time:**  
25 mins

**Prep Time**  
10 mins

**Cook Time**  
15 mins



### Ingredients

- 5 sheets Phyllo Dough
- 1 pint Sweet Grape Tomatoes
- 2 cups Mozzarella, shredded
- 5 Tbs Melted Butter
- 1 Tbs Olive Oil
- 1/4 tsp Salt
- 1/2 tsp Dried Italian Herbs
- Fresh Basil Leaves

**Makes**  
6 Starters

Grain  
Dairy

Vegetables  
Protein

Fruits  
Fats and Oils

### Description

Everybody loves pizza and these make a perfect starter for parties and gatherings. Small and finger-sized these are the ideal size for a quick appetizer. Great for get-togethers and dinner parties. You will be surprised how easy they are to make!



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Tahini Noodles

## Flaky Pizza Purses

Everybody loves pizza and these make a perfect starter for parties and gatherings. Small and finger-sized these are the ideal size for a quick appetizer. Great for get-togethers and dinner parties. You will be surprised how easy they are to make!

Preheat oven to 400° F.

### Ingredients

- 5 Sheets Phyllo Dough
- 1 pint Sweet Grape Tomatoes
- 2 cups Mozzarella, shredded
- 5 Tbs Melted Butter
- 1 Tbs Olive Oil
- ¼ tsp Salt
- ½ tsp Dried Italian Herbs
- Fresh Basil Leaves

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### 1 Make Sauce

- 1 Tbs Olive Oil
- 1 pint Sweet Grape Tomatoes
- ¼ tsp Salt
- ½ tsp Dried Italian Herbs

Heat oil over medium-high heat in a sauté pan and add tomatoes. Cook until tomatoes begin to soften and burst.

Add salt and herbs. Gently mash the tomatoes, but not enough to lose their basic shape. Total cooking time approximately six minutes until the sauce is ready to go. Set aside.



### 2 Prepare Dough

- 5 Sheets Phyllo Dough

You'll want to open the dough, unroll it, remove 5 sheets, cover the 5 sheets, re-roll and package the remaining dough.

## Flaky Pizza Purses



### 3 Brush with Butter

#### 5 Tbs Melted Butter

Remove one sheet from the stack of five and lay it out in front of you. Always re-cover the sheets you're not currently working with, or else they'll dry out. Brush with melted butter, starting at the edges and working in to the center. If you get some rips or tears, don't worry—it won't be noticeable by the time you're done. Just repair them as best you can and move on.

### 4 Stack Phyllo Layers

Once covered in butter, place the second sheet on top. Brush. Repeat this process until all 5 phyllo sheets have been stacked and brushed.



### 5 Cut

Using a pizza cutter, cut dough into six squares (one cut lengthwise, two cuts widthwise).

## Flaky Pizza Purses



### 6 Add Sauce and Cheese

- 1 **Recipe 6 Minute Tomato Sauce**
- 2 **cups Mozzarella Cheese, shredded**
- Fresh Basil Leaves**

Place  $\frac{1}{6}$  of the sauce in the middle of each square. Then add cheese and a few basil leaves. The leaves can either be whole or chopped up, whichever you prefer.



### 7 Fold

Gather the edges of the squares into the center, twisting to seal and form a purse. Place the completed purses on a baking sheet. Give the purses one final brush of butter before going in the oven.



### 8 Bake

Bake at 400° for 10–15 minutes until the purses turn golden brown along the edges and the body feels cooked and flaky. Top with fresh basil leaves and serve warm.

## Nutrition

In order to stay healthy our bodies need a diet which provides proper nutrition. The foods you eat directly affect the vitamins and nutrients that are being put into your body. It is extremely important to be mindful of the foods you consume in order to ensure a balanced diet that includes all of the food groups.

The major food groups are grains, fruits, vegetables, proteins, and dairy. The last group, fats and oils, should be used sparingly.

**Tap on a segment of the nutrition wheel to learn more about a particular food group. ►**



# Nutrition

## Grains

**6-11 Servings or 6 ounces**

Grains are a major sources of energy and fiber and are divided into 2 subgroups, whole grains and refined grains. Whole grains contain the entire grain kernel while refined grains have been milled to give grains a finer texture and improve their shelf life. However, milling also removes dietary fiber, iron, and many B vitamins. Whole grains are recommended for most grain servings as a good source of fiber and nutrients.

**Half of your grain intake should be whole grains.**



Refined grains have been milled, a process that removes the bran and germ.



Whole grains contain the entire grain kernel (bran, germ, and endosperm).



### Serving Size:

- 1 slice bread
- 1 cup dry cereal
- 1 flat tortilla
- ½ bagel
- ½ cup cooked rice, pasta, or cereal
- ½ cup cooked hot cereal, such as oatmeal
- ½ cup cooked couscous

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