

Captivating Calzones

AMBER (ACT & SA) / EVERDAY NSW

Makes 4 small calzones

Ingredients:

- 1 x 440g store-bought or canteen made pizza dough
- 80g light cheddar cheese, grated
- 50g light ham, diced
- 1/2 cup sliced fresh mushrooms, sliced
- 1/3 cup baby spinach leaves, chopped
- 1/3 cup passata sauce
- 1 tbsp. dried basil leaves
- 2 garlic cloves, crushed
- Olive oil spray

Method:

1. Preheat oven to 250°C.
2. Spray some baking paper with the oil spray and place it on a baking tray.
3. Split the dough into four and roll it out to make four small circles about 10cm diameter.
4. Mix the ham, cheese, spinach, basil, and garlic in a small bowl.
5. Brush half of the inside of the dough circle with about 1 tablespoon of passata sauce.
6. Place about 1/4 of the filling on top of the passata-topped side of the dough circles. Keeping 1cm of the edge free.
7. Flip the plain unfilled dough section over to make a semi-circle and pinch the sides closed.
8. Spray the top of the calzones with olive oil spray.
9. Place in the oven for 10-15 minutes or until golden brown

Variations: Try pizza calzones by filling the dough with our [Bolognese recipe](#)

Nutrition information:

	Per serve 200g	Per 100g
Energy (kJ)	1510	755
Protein (g)	17.5	8.7
Fat – total (g)	7.9	3.9
Fat – saturated (g)	1.9	1.0
Carbohydrates – total (g)	52	25.8
sugar (g)	4.1	2
Sodium (mg)	314	157
Fibre (g)	4.0	2.1

