

# Mini Calzones

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 15 minutes

Serves: 4 to 6

**CChints:** Already made, refrigerated pizza dough is your best friend in this recipe. There are several options offered for your family's liking or you may add your own.



1 teaspoon olive oil

1/3 cup onion, diced

1/2 of an 8 ounce package, sliced cremini or portabella mushrooms

10 ounce box frozen chopped spinach, thawed and squeezed dry

1/4 cup sun-dried tomatoes, diced

1/2 cup reduced fat ricotta cheese

1/2 cup shredded, low-moisture mozzarella cheese

1/2 teaspoon salt and a dash of pepper

1 - 13 ounce tube premade, refrigerated pizza dough, thin or regular crust

Flour for your work surface to prepare the dough to make calzones

1 egg, beaten or 1/4 cup liquid egg substitute

1/4 cup grated parmesan cheese

2 cups marinara sauce, your favorite flavor

Side dish – Serve with the garden salad and dressing of your choice

Optional ingredients that can be added before you seal each calzone:

8 ounces turkey sausage, browned in 1 tablespoon olive oil in a skillet

12 slices of Pepperoni

1/2 cup chopped black olives

Preheat oven to 400 degrees F and get out a baking or cookie sheet. Line the sheet with a silicone baking mat, release foil or parchment paper.

Heat the oil in a large skillet. Add the onions, stir and sauté for 2 minutes then add the mushrooms. Stir occasionally for 5 minutes. Turn off the heat and transfer this to a large mixing bowl. Blend in the spinach, sun-dried tomatoes and let the mixture cool about 10 minutes. Add the ricotta, mozzarella cheese and salt and pepper.

Sprinkle your work surface with a small amount of flour. This will prevent the dough from sticking. Stretch it out with your fingertips to about 12 x 18 inches. Cut the dough in 4 rectangles. If you need smaller calzones, cut 1 or 2 of these pieces in half again.

Spoon the cheese mixture onto the bottom corner of each rectangle, staying about 1/2 inch from the edge. Flatten it out as best you can but staying on one half of the dough. Brush the egg around the outer edges of each calzone with a pastry style brush. Take the opposite corner and pull it up over the top of the mixture and press or pinch the dough to seal the edges together. You can use a fork to gently press a nice design onto the edges. Place each one on your lined baking sheet. Brush to top of each with a little remaining egg wash and sprinkle with cheese.

Bake 15 minutes or until golden brown. During this time you can clean up a little and get your salad ready. The marinara sauce is for dipping. You can serve it at room temperature or warm. Warm it up in a sauce pan over medium heat but don't let it boil because it will splatter. Or heat in a microwave safe container, covered for 1 to 1-1/2 minutes. Be sure to cover it to help with the cooking process and cut down on the splatters. Enjoy!