

# Spinach Calzones with Three Cheeses

Use refrigerated pizza dough to streamline the assembly of these kid-pleasing Italian turnovers. Three cheeses combine with spinach, onion, and tomato for a tasty treat packed with nutrients. Get kids into the act by having them roll and shape the dough.

- 1 teaspoon olive oil
- 1 cup thinly sliced red onion
- 1 cup chopped seeded Roma tomato
- 1 clove garlic, finely chopped or pressed
- 1 bag (6-ounce) ready-to-eat baby spinach
- $\frac{3}{4}$  cup part-skim Ricotta cheese
- $\frac{1}{2}$  cup (2 ounces) shredded sharp White Cheddar cheese (or regular Cheddar cheese)
- $\frac{1}{2}$  cup (2 ounces) shredded part-skim Mozzarella cheese
- 1  $\frac{1}{2}$  teaspoons dried Italian herb seasoning
- 1 package (13.8-ounce) refrigerated dough for pizza crust
- 2 tablespoons grated fresh Parmesan cheese (optional)

Preheat oven to 400°.

1. Heat olive oil in large nonstick skillet over medium heat. Add onion, tomato, and garlic; stir and cook for 2 to 3 minutes. Add spinach; cook, stirring often, until spinach wilts and onion is soft, 4 to 5 minutes. Remove from heat. To remove excess moisture, spread spinach mixture between paper towels and pat dry. Chop spinach mixture; place in medium bowl. Stir in cheeses and seasoning.
2. On lightly floured surface, cut unrolled dough into 4 equal pieces. Shape into balls, then roll each ball into 8-inch circles. Spread one-fourth of filling on one half of each circle, leaving a  $\frac{3}{4}$ -inch border. Fold dough over filling. Brush edges with water, then seal seams with tines of fork.
3. Coat large baking sheet with nonstick spray. Place calzones on sheet. With sharp knife, make 5 (1-inch) diagonal slits across top of each calzone. Sprinkle each with 1  $\frac{1}{2}$  teaspoons Parmesan, if desired. Bake 15 to 20 minutes or until golden brown.

Prep time: 40 minutes • Cook time: 20 minutes • Makes: 4 calzones



## Variation:

### Ham Calzone:

Add  $\frac{1}{4}$  cup (1 ounce) chopped lean ham along with cheeses.

## Cook's Tip:

- Be sure to dry the spinach mixture thoroughly before combining it with the other filling ingredients.
- Italian herb seasoning can be replaced with  $\frac{1}{2}$  teaspoon dried basil leaves,  $\frac{1}{2}$  teaspoon dried oregano or marjoram leaves, and  $\frac{1}{2}$  teaspoon thyme leaves.

## Nutrients per serving:

Calories	471
Protein	22 g
Total Fat	16 g
(Saturated Fat	8 g)
Carbohydrate	60 g
Calcium	357 mg
Cholesterol	43 mg
Fiber	4 g
Sodium	933 mg

