



Spinach and three-cheese calzone

8 servings

adapted from epicurious.com

- 1 lb. wheat pizza dough
- 1 lb. bag frozen chopped spinach, thawed and squeezed as dry as possible
- 5 scallions, chopped fine
- 1 2/3 cup fontina cheese, shredded
- 7/8 cup part-skim ricotta cheese
- 7/8 cup crumbled blue cheese

1. Preheat oven to 425 degrees.
2. flour large cutting board or countertop
3. flatten dough and stretch into rectangle, about 12" x 15"
4. gently fold over with long sides together and move to large baking sheet sprayed with nonstick spray
5. open dough out flat on cookie sheet.
6. Combine spinach, scallions, ricotta and blue cheese in large bowl. Stir to combine. Add fontina and stir to mix well.
7. Spoon spinach mixture onto dough and spread to cover about half of the dough (lengthwise) leaving about 1/2" to 1" along the outside edges.
8. Fold other half of dough over filling and pinch along edges to close. Cut 3 slots in the top to allow steam to escape.
9. Bake about 15 minutes or till golden brown. Slice and serve with marinara sauce for dipping, if desired.

Nutrition information:

Calories: 282.3	Total Fat: 15.7 g	Saturated Fat: 8.9 g	Cholesterol: 44.5 mg
Sodium: 705.4 mg	Carbohydrate: 21.4 g	Dietary Fiber: 2.8 g	Protein: 15.8 g