



## RICOTTA & SPINACH CALZONES

November 1

National Calzone Day

### INGREDIENTS

- 10 Ounces Frozen Chopped Spinach (thawed and squeezed dry)
- 8 Ounces Ricotta Cheese
- 4 Ounces Mozzarella Cheese (shredded)
- 1 Ounce Parmesan Cheese (grated)
- 1 Tablespoon Olive Oil
- 2 Large Eggs (one lightly beaten with 2 tablespoons water and 1 egg yolk)
- 1 Teaspoon Garlic Powder
- 1½ Teaspoons Minced Fresh Oregano
- ⅓ Teaspoon Red Pepper Flakes
- 1 Teaspoon Salt
- (1) 13.8 Ounce Can Refrigerated Pizza Dough (enriched or whole grain rich)

### DIRECTIONS

1. Preheat oven to 500°.
2. Combine spinach, ricotta, mozzarella, oil, egg yolk, garlic powder, oregano, pepper flakes, and salt in a large bowl.
3. Place dough on lightly floured surface and divide into 4 even pieces.
4. With a rolling pin or your hands, flatten each piece into a 7 inch round on a piece of parchment paper.
5. Spread ¼ of spinach filling evenly over half of each dough round, making sure to leave a 1 inch border around the edge.
6. Brush the edges with the egg wash and then fold the other half of the dough circle over spinach mixture, leaving the bottom ½ inch border uncovered.
7. Press edges of dough together and pinch with fingers to seal.
8. With a sharp knife, cut 5 steam vents in top of calzones and brush tops with remaining egg wash.
9. Transfer calzones onto parchment lined baking sheet and bake for 8 minutes, brush with any remaining egg wash and sprinkle with grated parmesan, then bake for another 7 minutes.
10. Move to wire rack and let cool for 5 minutes before serving.

### MEAL PATTERN CONTRIBUTION

- Meat/Meat Alternate
- Grain

### MEAL TYPE

Breakfast

### YIELD

4 Calzones

### PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Calzone	¾ Calzone	1 Calzone	1 Calzone