



## SPINACH CALZONES

Servings = 4

30 minutes Prep + Cook Time

This is a fun recipe to make with the kids. For their simple palates, you can make the calzones with just mozzarella cheese and tomato sauce. Of course, you can use mushrooms, pepperoni, or whatever toppings you like instead of the spinach. Serve them with Tropical Island Smoothies.

- 1 can (10 oz.) refrigerated pizza crust or 1 homemade or store-bought pizza dough
- 2 tsp. minced garlic, (3 - 4 cloves)
- 2 cups baby spinach
- 1/2 yellow onion, finely diced, (about 1 cup)
- 1 cup crumbled feta cheese or shredded mozzarella cheese
- 1/2 cup marinara or pizza sauce (optional)

Preheat the oven to 425 degrees. Unroll the refrigerated pizza crust onto a baking sheet coated with nonstick cooking spray. (Note: If you are using fresh dough, see directions below.) Using a pizza cutter or sharp knife, cut it into four even rectangles. Pat or roll each quarter into a larger rectangle, about 5 or 6 inches wide.

Sprinkle the garlic evenly over the dough. Top each rectangle with 1/2 cup spinach, 1/4 cup of onion and 2 - 3 Tbsp. cheese. (For traditional calzones, skip the garlic and spread 1 Tbsp. of sauce in the middle of the dough. Top it with shredded mozzarella cheese.) Bring the opposite corners, two at a time, to the center and pinch to seal all four corners of the dough on top. Bake the calzones for 12 minutes or until golden brown. (Meanwhile, make the smoothie, if you are serving it.)

**Note:** If you are using fresh dough, cut it into quarters and roll each quarter into a ball, then stretch and roll each ball into a circle shape, about 1/4-inch thick and 6 inches across, using flour to keep it from sticking to the counter and rolling pin. On half of the circle, spread a spoonful of sauce and a handful of cheese and toppings, leaving the edges plain. Fold the empty half of the dough over the filling to make a half-moon shape. Pinch the edges to seal. Place the calzones on the baking sheet, and bake them for 15-20 minutes until they are golden brown.

**Scramble Flavor Booster:** Shake some red pepper flakes inside each calzone before sealing it.

### Tip:

Many pizza parlors sell wonderful pizza dough for a few dollars. You can also make great pizza dough in a bread machine, if you have one.

## SERVE WITH TROPICAL ISLAND SMOOTHIES

To make the smoothie, in a blender combine 1/2 cup pineapple juice, 1 cup of orange juice, 2 ripe bananas, 2 cups of nonfat or low fat plain or vanilla yogurt, and 1 cup of ice. (Makes about 6 one cup servings.)

### Nutritional Information per serving (% based upon daily values)

Calories: 310; Total Fat: 11g, 17%; Saturated Fat: 6g, 32%; Cholesterol: 35mg, 11%; Sodium: 1,060mg, 44%; Total Carbohydrate: 42g, 14%; Dietary Fiber: 3g, 10%; Sugar: 10g; Protein: 12g

### Nutritional Information per serving with sidedish (% based upon daily values)

(1/6 of smoothie, about 1 cup)

Calories: 423; Total Fat: 11g, 18%; Saturated Fat: 6g, 32%; Cholesterol: 38mg, 11%; Sodium: 1,123mg, 47%; Total Carbohydrate: 65g, 22%; Dietary Fiber: 5g, 16%; Sugar: 28g; Protein: 18g