

Kale & Ricotta Calzones

with Blood Orange & Arugula Salad

In the winter, an extraordinary citrus fruit is in season: the blood orange. Best known for its gorgeous red color, blood orange is incredibly popular in Italy, one of the first countries where it was cultivated. With its berry-like sweetness, it's perfect for brightening up our arugula and Parmesan salad. We're serving the salad as a side for another Italian classic: hearty, crispy calzones, packed with luscious ricotta and kale. A tomato dipping sauce completes this family-friendly, gourmet dish.



Ingredients

- 1½ Pounds Plain Pizza Dough
- 1 28-Ounce Can Crushed Tomatoes
- 1 Cup Part-Skim Ricotta Cheese
- 4 Cloves Garlic
- 3 Ounces Arugula
- 1 Lemon
- 1 Bunch Kale
- 1 Blood Orange

Knick Knacks

- 1 Shallot
- ⅓ Cup Grated Parmesan Cheese
- ¼ Cup Semolina Flour

Makes 4 Servings

About 700 Calories Per Serving

Prep Time: 10 min | Cook Time: 30 to 40 min

1



Prepare the ingredients:

Preheat the oven to 475°F. Wash and dry the fresh produce. Peel and mince the garlic. Remove and discard the kale stems; roughly chop the leaves. Peel the orange and slice into ¼-inch-thick rounds. Quarter and deseed the lemon. Peel and mince the shallot; place in a bowl with **the juice of all 4 lemon wedges**.

2



Cook & drain the kale:

In a large pan, heat 1 tablespoon of olive oil on medium-high until hot. Add **half the garlic**; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add the **kale**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until wilted. Add **½ of the tomatoes**; season with salt and pepper. Cook, stirring occasionally, 30 seconds to 1 minute, or until well combined. Transfer to a strainer; hold or rest the strainer over a bowl. Using a spoon, press down on the cooked kale to release as much liquid as possible; discard the liquid.

3



Make the filling & assemble the calzones:

In a bowl, combine the **drained kale**, **ricotta cheese** and **half the Parmesan cheese**; season with salt and pepper to taste. Sprinkle **a big pinch of the flour** onto a work surface. Divide the **dough** into 4 equal-sized portions; using your hands, stretch into ¼-inch-thick rounds. Divide the filling between the rounds; fold each round in half over the filling. Using a fork, crimp the edges of the dough to seal.

4



Bake the calzones:

Sprinkle the **remaining flour** onto a sheet pan. Place the **calzones** on the prepared sheet pan; lightly brush or drizzle the tops with olive oil. Bake 16 to 18 minutes, or until browned on top. Remove from the oven and carefully transfer to a serving dish. Let stand for at least 5 minutes.

5



Make the dipping sauce:

While the calzones bake, rinse and wipe out the pan used to cook the kale. Add 1 tablespoon of olive oil and heat on medium-high until hot. Add the **remaining garlic**; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add the **remaining tomatoes**; season with salt and pepper to taste. Simmer, stirring occasionally, 2 to 4 minutes, or until heated through. Transfer to a serving dish and set aside in a warm place.

6



Make the salad & serve your dish:

While the calzones continue to bake, season the **shallot-lemon juice mixture** with salt and pepper. Slowly whisk in **2 tablespoons of olive oil** until well combined. Just before serving, in a bowl, combine the **arugula**, **orange** and **remaining Parmesan cheese**; season with salt and pepper. Add as much of the **vinaigrette** as you'd like (you may have extra). Toss to combine; season with salt and pepper to taste. Transfer to a serving dish. Serve with the **baked calzones** and **dipping sauce**. Enjoy!