

# Broccoli & Ricotta Calzones

*with Spinach Salad*

Calzones as we know them are really an American invention based on various different stuffed Italian sandwiches. In the U.S. they're just like folded-over pizzas, but in Italy, they're portable hand-held snacks sold by street vendors and at casual lunch counters. In the southeastern region of Puglia, Italy, the calzone-like pockets are stuffed with tomato sauce and mozzarella and deep-fried.



## Ingredients

- 1 Pound Whole Wheat Pizza Dough
- 8 Ounces Broccoli
- 2 Cloves Garlic
- 1 Shallot
- 1 Cup Part-Skim Ricotta Cheese
- ¼ Cup Parmesan Cheese
- ½ Cup Semolina Flour
- 2 Tablespoons Honey
- 2 Tablespoons White Wine Vinegar
- 4 Ounces Baby Spinach
- 3 Tablespoons Dried Tart Cherries
- 2 Tablespoons Sunflower Seeds

Makes 3 Servings  
About 695 Calories Per Serving





# Instructions



## Prepare the ingredients:

Preheat the oven to 500°F. Wash and dry the fresh produce. Remove the pizza dough from the refrigerator to bring to room temperature. Discard the broccoli stem and cut the rest into small florets. Peel and mince the garlic, smashing until it resembles a paste. Peel and mince the shallot and place in a small bowl with the **white wine vinegar**.



## Make the filling:

In a large bowl, combine the **broccoli**, **ricotta**, **Parmesan cheese** and **half the garlic paste**. Season with salt and pepper to taste.



## Assemble the calzones:

Sprinkle **half of the semolina flour** onto a clean, dry work surface, then divide the **pizza dough** into 3 pieces. Using your hands, roll or stretch out each piece of dough on the work surface to make ¼-inch thick rounds. Place **½ of the filling** onto each round and fold the dough over to make half moons. Press or crimp the dough together to seal the calzones.



## Bake the calzones:

Sprinkle the **remaining semolina flour** onto a clean, dry sheet pan. Drizzle or brush a little olive oil onto the calzones, then place on the sheet pan. Bake 10 to 14 minutes, or until browned on the outside. Let stand for at least 5 minutes before serving.



## Make the vinaigrette:

While the calzones bake, combine the **shallot-vinegar** with the **honey** and **remaining garlic paste** in a small bowl. Whisk in enough olive oil to make a dressing, then season with salt and pepper to taste.



## Make the salad:

While the calzones continue to bake, in a large bowl, combine the **spinach**, **dried cherries** and **sunflower seeds**. Just before serving, drizzle the salad with some of the vinaigrette (you may have extra vinaigrette) and toss to coat. Serve the calzones with the salad. Enjoy!