

# Ricotta & Lacinato Kale Calzones

with Marinara Sauce

In the 16th Century, pizza was born in the Italian city of Naples. A baked, circular flatbread, it could be topped with anything that would stand up directly to the heat of the oven. In ensuing years, however, someone dared to fold the pizza over. The result was the calzone. A half-moon purse that seals its “toppings” and cooks them within, calzones combine all of the crispiness of Neapolitan pizza with the moist, delicious interior of a savory tart.



## Ingredients

- 1 Pound Pizza Dough
- 1 Cup Part-Skim Ricotta Cheese
- 2 Cloves Garlic
- 1 Large Bunch Lacinato Kale
- 1 Red Onion
- 1 Bunch Oregano
- 1 8-Ounce Can Tomato Sauce

## Knick Knacks

- 2 Ounces Castelvetrano Olives
- 1/3 Cup Grated Parmesan Cheese
- 1/4 Cup Semolina Flour
- 1/2 Teaspoon Calzone Spice Blend  
(Crushed Red Chili Flakes & Ground Nutmeg)

Makes 3 Servings

About 645 Calories Per Serving





1



## 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. Peel and mince the garlic. Cut out and discard the kale stems; roughly chop the leaves. Peel and thinly slice the onion. Pick the oregano leaves off the stems; discard the stems and roughly chop the leaves. Using the side of your knife, smash the olives; remove and discard the pits. Roughly chop the olives.

2



## Cook the kale:

In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **onion** and **half the garlic**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened. Add the **kale**, **olives**, **spice blend** and **¼ cup of water**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until the kale is tender and the water has evaporated. Remove from heat.

3



## Make the filling:

In a large bowl, combine the **cooked kale mixture**, **ricotta cheese** and **half the Parmesan cheese**; season with salt and pepper to taste.

4



## Assemble the calzones:

Sprinkle a **pinch of the semolina flour** onto a clean, dry work surface (to keep the dough from sticking). Divide the **pizza dough** into 3 equal pieces. Using your hands, roll or stretch out each piece of dough to make ¼-inch-thick rounds. Place **⅓ of the kale filling** onto each round; fold the dough over to make half moons. Using your fingers, press or crimp the dough together to seal the calzones.

5



## Bake the calzones:

Sprinkle the **remaining semolina flour** onto a clean, dry sheet pan. Lightly brush the calzones with olive oil, then place them on the prepared sheet pan. Bake 16 to 18 minutes, or until browned on the outside. Let stand for at least 5 minutes before serving.

6



## Make the marinara sauce & plate your dish:

While the calzones bake, in a small pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the **remaining garlic** and cook, stirring frequently, 1 to 2 minutes, or until lightly browned. Add the **tomato sauce**; cook, stirring occasionally, 1 to 2 minutes, or until warmed through. Add **all but a pinch of the oregano** and **remaining Parmesan cheese**. Cook, stirring occasionally, 1 to 2 minutes, or until the cheese is incorporated. Season with salt and pepper to taste; remove from heat. To plate your dish, cut each calzone in half and serve with the **marinara sauce** on the side for dipping. Garnish with the **remaining oregano**. Enjoy!