



Quick Calzones

Recipe Courtesy Chef Bryan Woolley

- ½ pound lean turkey sausage
- ½ cup diced bell pepper
- ½ cup diced onion
- ¼ cup diced green onion
- 2 cup Roma tomatoes, diced
- 2 garlic cloves minced
- ¾ cup low fat ricotta cheese
- Salt and pepper to taste
- 1 package prepared pizza dough

1. In a large sauté pan, cook sausage. Drain any grease and gently blot with a paper towel to remove any unwanted grease.
2. Add bell pepper, onion, green onion, tomatoes, and garlic. Sauté all together for about 10 minutes.
3. Cool meat mixture than add low fat ricotta cheese.
4. Roll out individual calzone dough's (about 6 by 6 inches).
5. Divide mixture between 6 calzones.
6. Fold each dough corner to corner to create a rectangular dough pocket. Pinch the edges together.
7. Place calzones onto a prepared baking sheet and into a 425 degree oven for about 20 minutes or until golden brown.
8. Serve and enjoy!

Nutrition Facts

Serving Size: 1 calzone	
Calories	334
Total Fat	6g
Saturated Fat	2g
Cholesterol	41mg
Sodium	283mg
Carbohydrate	50g
Dietary Fiber	3g
Protein	19g

Diabetic Exchanges

Protein	3
Fat	1
Carbohydrates	3