

Vegetable Calzone

Calzone is just a folded pizza with any variety of filling. This one features a garlic/sweet potato filling with mushrooms, peppers, celery and onion and a touch of basil pesto. Serve it in a pool of Marinara sauce. It's a real flavor festival!

Make some pizza dough today 2 hours before you wish to dine. It can be a great adventure for kids too. Use 1/2 of the dough to make the crust for today's calzone. Roll out a second crust and freeze it (or freeze the dough as a ball).

Preparation Time: 2 hours (including homemade pizza crust) - Servings: 2 (plus leftovers)

Organize Your Ingredients!

Notes on Organizing

I like to organize ingredients on small plates or in bowls so they are easy to add.

Prep 4 cloves of garlic tonight: 2 whole/peeled cloves in the basil pesto, and 2 chopped cloves in the Calzone Filling. Use leftover Marinara Sauce or find recipe in "Tips and Time Savers".

Pizza Crust

3/4 cup warm water (105°)
1 tsp. "rapid rise" active dry yeast
2 C. bread flour
pinch of salt

Basil Pesto

1/2 C. pine nuts (toasted)
3 C. basil leaves (washed, stems discarded)
2 cloves garlic (whole/peeled)
1/3 C. olive oil
1/4 C. shredded Parmesan cheese

Marinara Sauce

Go to "Tips and Time Savers" and check out the recipe for Marinara Sauce. "Tips and Time Savers" can be found in the green banner at the top of today's recipe page.

Calzone Filling

1 tsp. olive oil (to oil baking sheet)
1-1/4 C. red potato (unpeeled and diced)
1 C. Portobello mushroom (diced)
2/3 C. onion (chopped)
2/3 C. celery (chopped)
2/3 C. red bell pepper (chopped)
1-1/4 C. Sweet potato (peeled and diced)

1 Field Roast Italian Sausage (or equivalent)

3 T. basil pesto
2 T. balsamic vinegar
1/4 C. low-sodium veggie broth

4 Kalamata olives (chopped)
3 T. shredded Parmesan cheese

Salad

fixings for a green salad

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

You'll first assemble the pizza dough and set it aside to proof. Next roast the prepped Calzone Filling ingredients. Make the Pesto and Marinara Sauce while the ingredients bake.

Pizza Crust

1. If using Rapid Rise Yeast, you can simply measure it into a large mixing bowl with the water. There is no need to wait for it to foam. Just continue with the recipe.
2. Measure flour into the large bowl with the yeast and water and mix thoroughly with a fork. Knead dough for about 5 minutes over a floured surface until it becomes a smooth ball.
3. Oil a clean bowl and place ball in bowl. Turn the ball over and cover with plastic. Proof 1 to 1-1/2 hours until about double in size.
4. Punch down dough and divide in half. Shape into two thin crusts as needed.

Preheat oven to 375°

Calzone Filling/Basil Pesto

1. Place potato, mushroom, onion, celery, peppers on an oiled cookie sheet. Cover sheet with foil and bake in a preheated 375° oven for 30 minutes. Remove from oven and allow to cool about 10 minutes.
2. While vegetables roast boil diced sweet potatoes 4 minutes in lightly salted water. Remove from heat and shock with cold water and set aside.
3. Slice 1 Italian Field Roast sausage in half lengthwise and brown it. Allow to cool, and chop. Set aside. Make pesto while vegetables finish roasting.

Basil Pesto

Place all ingredients in food processor and grind until fine.
Measure 3 T. for tonight's recipe and set aside in a dish.
Place remainder in a container with a tight fitting lid and cover with olive oil. Store in fridge.

4. Mix 3 T. pesto (from above), balsamic vinegar and low-sodium veggie broth in a small dish. Using the baking sheet, toss roasted vegetables and drained sweet potatoes with the pesto mixture after they've cooled a bit.
5. Place one crust on lightly oiled pizza pan. Spread filling over 1/2 the dough (Leaving 1 inch of exposed dough around edges to allow sealing the crust). Sprinkle chopped sausage, chopped olives and Parmesan over top of the filling.
6. Fold dough over filling and pinch edges together. Once sealed, take a fork and press gently into sealed edges to finish seal and add decorative effect to crust. Make a couple of 2" vent slices in the top of the calzone.
7. Slide calzone into 400° oven and set timer for 10 minutes. After 10 minutes, turn heat down to 350° and bake 10-15 more minutes. Remove from oven and let cool 10 minutes before serving. (continued next page)

Marinara Sauce

The complete recipe for Marinara Sauce is found in “Tips and Time-savers”. Make it now while the calzone filling bakes.

Make Salads and Plate the Meal

Make green salads on individual plates and prepare your favorite quick dressing.

After calzone has cooled about 10 minutes, measure 1/3 C. Marinara Sauce onto to each dinner plate and place a nice sized wedge of Calzone over sauce.

Serve salads on the side.

What I’ve Learned from this Recipe

A recipe like this is perfect for leisurely cooking on a Sunday and provides a most satisfying comfort-food meal. You’ll have leftover items for future meals, or lunches: pesto and marinara sauce, as well as a frozen ready-to-cook pizza crust.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com