

Butternut Squash and Apple Calzones

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Yield: 8 calzones; 4-8 servings, depending on how hungry you are and what else you might be serving with these

Adapted from Happyvolks

Ingredients

2 (13.8-oz.) tubes of refrigerated pizza dough (I used Pillsbury artisan pizza crust with whole grains)
1 Tbsp. butter
3-4 cups cubed butternut squash
1-1/2 small sweet onions, chopped
3 tsp. dried rosemary
1 tsp. dried sage
2 apples, cubed (I used gala)
1 clove garlic, minced
Pepper and coarse salt (such as kosher or sea salt)
Zest of one lemon
Mozzarella cheese, grated
Olive oil



Directions

Melt butter in a large skillet over medium-high heat. Add squash, onions, rosemary, and sage; sauté until onion is soft, about 8 minutes. Add apples, garlic, and a dash of salt; sauté 2 more minutes. Remove from heat. Add lemon zest and stir to combine.

Preheat oven to 500. Prepare a 9 x 13 cookie sheet with parchment paper.

On a floured surface, roll out dough into a rectangle, about 1/4 inch thick. Cut into 4 rectangles. Scoop about 1/2 cup of butternut squash mixture onto each rectangle. Add pepper and a bit of mozzarella. Fold over the other half of the dough and pinch around the edges to seal tightly. Transfer calzones to cookie sheet. Using your hand or a pastry brush, spread olive oil on each calzone and sprinkle with salt.

Bake for 5-15 minutes, until calzone is browned and warmed through. The recipe I followed said to bake for 12-15 minutes; mine took 6.

Nutritional Information Per Calzone (compliments of My Fitness Pal)

372 calories; 11.3 g total fat; 57 g total carbs (6.1 g dietary fiber; 9.3 g sugars); 11.5 g protein