

Calzone

Traffic light category: **Green**

Serves: 1

Ingredients

Hawaiian

- 1 tortilla or wrap
- 1 tablespoon pizza sauce
- ¼ cup ham, diced
- ¼ cup pineapple, drained and diced
- ¼ cup reduced fat cheese, grated
- 1 egg, lightly beaten

Method

1. Preheat oven to 180°C
2. Spread sauce over one half of tortilla
3. Place meat and/or vegetables on top of sauce, top with cheese
4. Brush edges with beaten egg
5. Fold the tortilla over and press edges together with a fork
6. Brush top of tortilla with remainder of egg
7. Place on greaseproof lined oven tray, bake until golden brown (approx 8 - 10 minutes). Calzone can also be cooked in a sandwich press.

Vegetarian

- 1 tortilla or wrap
- 1 tablespoon pizza sauce
- ¼ cup mushrooms, sliced
- ¼ cup capsicum, sliced
- ¼ cup pineapple, drained and diced
- ¼ cup reduced fat cheese, grated
- 1 egg, lightly beaten

Nutrition information panel - vegetarian

Nutrient	Per serve	Per 100g
Energy	1010kJ	660kJ
Protein	11g	7.1g
Total fat	8.6g	5.6g
Saturated fat	4.2g	2.7g
Carbohydrate	27g	18g
Sugars	6.4g	4g
Dietary fibre	2.5g	1.6g
Sodium	633mg	413mg

