



# Calzone

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Traffic light category: **Green Amber** Serves: 1

## Ingredients

### Hawaiian **Amber**

- 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

### Vegetarian **Green**

- 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

## 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).
8. Calzone can also be cooked in a sandwich press.



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