

## Mediterranean Calzone

The River Cottage cookbook introduced us to the magic of stovetop calzones, and we've never looked back. They're made by cooking flatbread dough on a skillet, then folding it over hot ingredients to create a dinner that's speedier, and less carb heavy, than a classic calzone. We're making a Mediterranean version this week with broccoli, cauliflower and goat cheese with tasty Mediterranean sumac vinaigrette. Yum!

**35** *Minutes to the Table*

**15** *Minutes Hands On*

**2 Whisks** *Easy*

### Getting Organized

#### EQUIPMENT

Rimmed Baking Sheet  
Large Skillet or Griddle

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 5 MEEZ CONTAINERS

Spiced Chickpeas  
Broccoli Slaw  
Whole Wheat Dough  
Goat Cheese  
Sumac Vinaigrette

### Make The Meal Your Own

**Cooking with a picky eater?** Kids love calzones. If yours aren't fans of the sumac vinaigrette, marinara would be another great choice.

### Good To Know

**If you're making the vegan version,** we've left the goat cheese out of our meal.

**If you're not a fan of goat cheese,** we've sent you cream cheese, instead.

**Be sure to roll your dough** to ½" thickness or thinner, so it cooks evenly.

**Health snapshot per serving** – 935 Calories, 50g Fat, 27g Protein, 100g Carbs, 32 Smart Points

**Lightened up snapshot** – 700 Calories, 27g Fat and 24 Smart Points when you use ½ the cheese and vinaigrette

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Broccoli Slaw, Chickpeas, Whole Wheat Dough, Goat Cheese, Dates, Olive Oil, Cider Vinegar, Green Onions, Carrots, Brown Sugar, Spices, Garlic

meez *meals*

### 1. Getting Organized

Preheat your oven to 400.

### 2. Make the Filling

Add 1 Tbsp of olive oil to the **Spiced Chickpeas** bag and shake to mix, then pour on to a rimmed baking sheet. Arrange in a single layer and cook for 5 minutes.

Add the **Broccoli Slaw** to the baking sheet and mix well. Drizzle with more olive oil, salt and pepper, and bake until the broccoli is golden brown in places, about 18 to 25 minutes.

### 3. Make the Calzones

After you add the broccoli slaw to the baking sheet, heat a large skillet or griddle over high heat with 1 Tbsp of oil. As it's heating, cut and roll out your **Whole Wheat Dough** into two oval pieces about 8" by 5" and 1/2" thick. .

When your pan is smoking hot, put one round of dough into the skillet. Cook for 2 minutes, until bubbly on top with some brown (or black) spots. Flip and cook until the other side has some dark patches as well, 1 to 2 minutes. Transfer to a plate and spread some of the **Goat Cheese** on top.

Fill the calzone with the hot veggies. Shake the **Sumac Vinaigrette** in the bag to combine and then drizzle over top, and fold the dough over the filling. We like to lay a small pan or a plate on top to keep it closed while we cook the rest of the calzones. Enjoy!

*Turn on your stove fan while the calzone is cooking, otherwise your smoke detector may go off.*

*Love this recipe?  
#meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**