Dinner Tonight!

Smoked Chicken and Spinach Calzone

2 cups cooked chicken breast, diced
1 cup part skim mozzarella cheese, shredded
1 1/2 cups fresh spinach
2/3 cup low-sodium tomato sauce
1 teaspoon liquid smoke

1/2 teaspoon hot sauce
1 refrigerated pizza dough crust
1 tablespoon olive oil
2 tablespoons parmesan cheese
Non-stick cooking spray

Preheat oven to 425° F. Coat a large baking sheet with non-stick cooking spray. In a large mixing bowl, combine chicken, cheese, spinach, tomato sauce, liquid smoke and hot sauce; mix well and set aside. Un-roll rectangular pizza dough on the large, greased baking sheet. Spread chicken mixture over the long half of the uncooked pizza dough within one inch of the edge. Fold over un-opened side so that it meets the other side. Pinch the edges of the pizza dough together to seal. Lightly brush the top of the calzone with olive oil and sprinkle with parmesan cheese. Using a sharp knife, make a few slits in the top of the calzone to allow steam to escape during cooking. Bake for 10 minutes or until puffed up and golden brown. Allow to stand 5 minutes before serving. Slice into 4 pieces.

Preparation Time: 15 minutes
Cook Time: 10 minutes
Serves: 4 portions

Nutrition facts per serving:
Calories: 333
Total Fat: 14 g
Cholesterol: 24 mg
Sodium: 620 mg
Total Carbohydrate: 37 g
Protein: 16 g

Serve with: Green Dinner Salad