



Buffalo Chicken Calzones



1/2 of recipe (1 calzone): 260 calories, 4.5g total fat (2g sat. fat), 834mg sodium, 26.5g carbs, 0.5g fiber, 3.5g sugars, 26.5g protein

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Prep: 15 minutes **Cook:** 15 minutes

Chill: 15 minutes



Ingredients

1/2 cup self-rising flour, plus more for dusting surface
1/2 cup plain fat-free Greek yogurt
1/2 tsp. garlic powder
3 oz. cooked and chopped skinless chicken breast
1/4 cup shredded part-skim mozzarella cheese
2 tbsp. low-fat cottage cheese
1 tbsp. finely chopped carrots
1 tbsp. finely chopped celery
1 tbsp. [Frank's RedHot Original Cayenne Pepper Sauce](#)
Optional dip: light ranch dressing

Directions

In a large bowl, mix flour, yogurt, and garlic powder until dough forms. Cover and refrigerate for 15 minutes.

To make the filling, combine all remaining ingredients in a small bowl. Mix well.

On a floured surface, shape dough into two circles, each about 6 inches in diameter and 1/4-inch thick.

Spoon filling over one half of each circle, leaving a 1/2-inch border. Fold the top half of each circle over the filling so the edges meet. Firmly press edges with a fork to seal.

Spray an air fryer with nonstick spray. Place calzones in the air fryer, and spray with nonstick spray.

Set air fryer to 360°F (or the nearest degree). Cook until tops are light golden brown and dough is cooked through, 13-15 minutes.

MAKES 2 SERVINGS

Oven Alternative: Bake at 385°F until tops are light golden brown and dough is cooked through, 15-17 minutes.

HG Tips: Making your dough a day in advance (or even a few hours), then covering and refrigerating it can make it easier to work with. (Using some flour on your hands and the surface can help too!)

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