



Cheesy Meatball Calzones



1/2 of recipe (1 pocket): 296 calories, 8.5g total fat (3.5g sat. fat), 885mg sodium, 31g carbs, 1.5g fiber, 5g sugars, 23.5 protein

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

Chill: 15 minutes



Ingredients

1/2 cup self-rising flour
 1/2 cup fat-free plain Greek yogurt
 1 tsp. Italian seasoning
 1/4 cup shredded part-skim mozzarella cheese
 3 tbsp. low-fat cottage cheese
 3 tbsp. pizza sauce
 3 oz. (about 4) frozen precooked turkey meatballs, thawed and chopped

Directions

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

In a small bowl, combine mozzarella, cottage cheese, sauce, and chopped meatballs.

Shape dough into two circles, each about 6 inches in diameter and 1/4-inch thick. Place them on the baking sheet.

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. Cook until tops are light golden brown and dough is cooked through, 13-15 minutes.

MAKES 2 SERVINGS

Oven Alternative: Bake at 385°F for 15-17 minutes, until light golden brown.

HG Tips: Make your dough a day or two in advance, then cover and refrigerate. Use flour on your hands and the surface to make it easier to work with.

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