



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

[Click for WW Points® value*](#)

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.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.