



Super-Savory Calzone Danish



1/6th of calzone: 217 calories, 10g total fat (3.5g sat fat), 585mg sodium, 23g carbs, 1.5g fiber, 5.5g sugars, 9g protein

Green Plan [SmartPoints](#)® value 7*

Blue Plan (Freestyle™) [SmartPoints](#)® value 7*

Prep: 20 minutes **Cook:** 30 minutes



Tagged: [Lunch & Dinner Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

Ingredients

3 cups sliced mushrooms
1 cup chopped red onion
1 tsp. chopped garlic
4 cups chopped spinach leaves
1 package refrigerated [Pillsbury Crescent Recipe Creations Seamless Dough Sheet](#), or *HG Alternative*
1/2 cup pizza sauce
1 cup shredded part-skim mozzarella cheese
1/4 cup sliced black olives

Directions

Preheat oven to 350 degrees. Spray a baking sheet with nonstick spray.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add mushrooms, onion, and garlic. Cook and stir until softened, 6 - 8 minutes.

Add spinach and cook until wilted, 1 - 2 minutes. Transfer veggies to a large bowl and blot away excess moisture.

On the baking sheet, roll or stretch out dough into a large rectangle of even thickness. Arrange sheet with the short sides on the left and right.

Spread pizza sauce horizontally across the middle third of the dough, leaving 1/2-inch borders on the sides. Top sauce with cooked veggies and sprinkle with cheese.

Make vertical cuts about 1 inch apart along the top section of the dough, stopping about 1/2 inch above the filling, to create 1-inch-wide strips of dough. Repeat with the bottom section of the dough. Alternate folding the top and bottom strips over the filling, covering it completely and creating a "braided" criss-cross. Cross the last few strips toward the middle of the calzone. Fold the sides of the dough in and firmly pat to seal.

Evenly press olive slices into the dough strips on top. Bake until crispy and golden brown, 15 - 20 minutes. Slice and chew!

MAKES 6 SERVINGS

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.