



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Calzone

- 1 recipe Bread in a Bag* substituting oat flour for whole wheat
- 1 pound salami (deli section)
- 2 cups mozzarella cheese, grated
- 2 cups pizza sauce

Prepare Bread in a Bag, let rest 10 minutes. Divide dough into eight sections. Roll dough into a circle. Fold salami (depending on size) and place in middle of circle. Top with grated cheese. Fold bread dough over forming a half circle. Pinch edges, seal with tines of a fork. Let rise 20 minutes. Bake in a 350° F oven for 15 minutes. Cool. Serve warm with pizza sauce. If these are to be frozen and eaten on the go, the pizza sauce can be put inside. These are also great dipped in Russian dressing.

**Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to www.uwyo.edu/centsible for more information.*



TV Show

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USDA and the University of Wyoming are equal opportunity providers and employers. This material was funded by USDA's SNAP-Ed.