

Recipe Name: Corn and Spinach Whole Wheat Calzone Recipe

Diet Type:

Course: Snack

Cuisine: Italian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Whole Wheat Flour	4
• 1 cup Spinach - roughly chopped	
• Salt - to taste	
• 1 cup Sweet corn - steamed	
• 1 Red Bell pepper (Capsicum) - finely chopped	
• 1 Green Bell Pepper (Capsicum) - finely chopped	
• 1/2 cup Paneer (Homemade Cottage Cheese) - or tofu	
• 1/4 cup Cheese	
• 1 Green Chilli - finely chopped	
• 5 sprig Coriander (Dhania) Leaves - finely chopped	
• Sunflower Oil - oil for cooking	

Preparation

- To begin making the Corn and Spinach Whole Wheat Calzone Recipe, first get all the ingredients ready.
- To begin making the dough for the spinach roti - in a wok, add a teaspoon of oil and stir fry the spinach until it wilts down.
- Once the spinach wilts down, turn off the heat and allow it to cool.
- once cooled, puree the spinach.
- In a large mixing bowl, add the pureed spinach, the whole wheat flour, salt and add little water at a time to make a smooth firm dough.
- Drizzle a little oil and knead again to make a smooth dough.
- Divide the dough into 8 to 10 equal portions and shape into balls.
- Keep aside.
- To make the corn filling for the calzone, heat oil in a pan and add green chillies and capsicum and stir fry until the capsicum becomes soft and tender.
- Once soft and tender, add the remaining filling ingredients and stir well to combine.



- Check the salt and adjust to suit your taste.
- To make the calzones, roll the dough ball into a flat circle of 3 inch diameter by dusting it in flour.
- Place a tablespoon of the filling on one side of the rolled dough.
- Take a fork and press on all sides to seal the edges and make a design.
- Add a little oil on both sides and cook until the dough is cooked through and brown on both sides and lightly crisp.
- Once done, remove from the skillet and serve.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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