

## Italian Sausage Calzones

Combine:

1/2 pound Italian sausage, cooked and crumbled

1/2 cup shredded mozzarella cheese

8 ounces pizza sauce

pinch of dried parsley

1 pressed garlic clove

Preheat oven to 375'.

Combine above ingredients in a small bowl, mix well.

Unroll 2 packages of refrigerated pizza crust. Place side by side on a cutting board. Using a knife or pizza cutter, cut each crust into 6 squares for a total of 12. Divide filling evenly onto the centers of each square (approx. 2-3 rounded tablespoons) Gather the 4-corners of each square up over filling and twist to seal. Place calzones seam side up into a greased muffin pan. For additional flavor, sprinkle with parmesan cheese before baking. Bake 25-30 minutes, or until golden brown. Remove from pan, serve with additional sauce if desired.

Yield: 12 calzones

Calories: 220, Fat 9g (sat 2.5g), Cholesterol 20mg,  
Protein 11g, Carbohydrate 25g, Fiber 1g, Sodium 630 mg

Can also be made vegetarian by using 1/2 pound of various vegetables instead of sausage. Including peppers, tomatoes, carrot, mushrooms, olives, pineapple, onions, etc...be creative!