

Cheats' pizza calzone recipe

Warm wholewheat wraps hold a delicious Italian-style vegetable mixture, to give a lighter version of a folded pizza.

Prep: 10 mins

Cook: 10 mins

Serves 4



Ingredients

- 4 soft flour tortillas (wholewheat, if possible)
- 4 tomatoes, chopped
- 80g hard cheese, grated (reduced-fat, if possible)

Optional ingredients

- 2 peppers (red, yellow or green) de-seeded and thinly sliced
- 150g closed-cup mushrooms, sliced
- 4 handfuls of any salad leaves
- 1 carrot, grated
- 2 celery sticks, chopped
- Small handful of fresh basil
- 3 teaspoons dried Italian mixed herbs
- 1 pinch ground black pepper

Swap tip

This is a great recipe for swapping ingredients. You can replace the fresh vegetables for alternatives that you prefer, or try frozen or tinned. Try adding chopped tinned pineapple for a Hawaiian twist.

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Method

1. Preheat the grill. Arrange the peppers and mushrooms on a baking sheet and grill them for 4 to 5 minutes, turning once. Add the tomatoes and herbs, then season with black pepper. Keep warm.
| Add some torn-up basil leaves to the tomato mixture for extra flavour.
2. Put a tortilla into a dry frying pan and sprinkle a quarter of the cheese over the top. Cook over a medium heat for about 30 to 40 seconds until melted.
| You could use white flour tortillas, though they won't provide as much fibre as wholewheat ones.
3. Add a quarter of the vegetable mixture to one side of the tortilla, then fold it in half, over the filling. Cook for a few moments, then slide it onto a warm serving plate. Keep warm.
4. Repeat with the remaining tortillas. Serve with the salad leaves, grated carrot and celery.
| For a snack, just make 2 and cut them in half to serve 4 people.

Per serving (1/4 recipe):

1,013kJ/ 242kcal
12.5g protein
32.5g carbohydrate, of which 11g sugars
7g fat, of which 1g saturates
5g fibre
0.9g salt