

'Il mio cuore' calzone + italian 'salsa'



measure+knead

Have kids mix and measure together **4 cups of flour** (or sub Pamela's Gluten Free Mix), **1 tsp baking powder** and **1 tsp salt**. Stir in **2 cups plain yogurt** (or sub Silk Soy Yogurt) until the dough is too stiff for a spoon, then knead it in the bowl until it holds together well, adding more flour if necessary. Turn dough out on a floured surface and knead the dough for about 5 minutes till the dough feels smooth and elastic. Put the dough in an oiled bowl, covered with a damp clean dishtowel, set aside to rest. The dough is so sleepy, and needs a nap! Time to make the pizza sauce and Italian 'Salsa'.

chop+drizzle

Have kids chop **3 tomatoes** and **1 clove of garlic** add to a medium sized bowl. Tear up a **handful of fresh basil leaves** and add to the bowl. Add **1/4 tsp salt**, a **pinch of pepper** and **1 tsp balsamic vinegar** to the tomato mixture. Drizzle **some olive oil** on top. Yippee! Italian 'Salsa' to eat with the calzones! Mix 'salsa' together... and set to the side.

dice+whisk

Open one **15-ounce can of organic tomato sauce** and pour into a medium sized bowl. Tear up **4 fresh basil leaves** and **4 fresh oregano leaves** and add to sauce. Have kids mince **1 garlic clove**, measure **3 tablespoons olive oil**, **1 tablespoon of honey** and **1 teaspoon salt** and add to the tomato sauce. Whisk together – It is now pizza sauce! Have kids dice up **10 ounces of fresh mozzarella** (or sub dairy free chesses) into small bits and set to the side.

roll+stuff+bake

Pre heat your oven to 450 degrees. Time to wake up the dough from it's nap! Knead the dough for a minute or two. Take a handful size of dough and roll into a ball until all of the dough is in balls. Coat each dough ball in **a little olive oil**. Using clean fingers (or a rolling pin) press the balls flat into round discs on a floured cutting board or counter top. Do your best to make sure that the rolled out dough is less than 1/4 inch thick. The thinner the dough the better! After you have flatten out the dough and have kids spoon the pizza sauce and sprinkle with the diced fresh mozzarella cheese. Fold the dough over into a half moon shape and have the kids pinch the sides together to keep all the yummy stuff inside the calzone. Fit as many calzones as you can on an oiled cookie sheet. Bake for about 10-15 minutes or until golden brown and puffy... They may be brown in spots and oozy with cheese and sauce - totally OK! Let the calzones cool for a bit and serve with the Italian 'Salsa' on top... **Manga Bene!!** (eat well!)

fun food facts:

Calzone means "stocking" or "trouser" and is a fun food that originates from Italy. The typical calzone is stuffed with tomato and mozzarella and it was invented as a meal on the go. Italian fast food!!!

Knock-Knock. Who's there? **Cal.** Cal who? **CALZONE** [hahaha!]



Mixing & Measuring & Knife Skills, Oh My!

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