



Kid-Tastic Creative Calzone Thanksgiving Leftover Challenge

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Prep Time 15 / **Cook Time** 18 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

chop: to cut something into small, rough pieces using a blade.

grate: to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

knead: to work dough by pushing, pulling, and folding it by hand or with a stand mixer.

mix: to thoroughly combine two or more ingredients until uniform in texture.

seal: to close tightly, keeping filling inside.

Equipment

- ☐ Oven or stove
- ☐ Baking sheet or nonstick skillet
- ☐ Mixing bowls
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Wooden spoon
- ☐ Clean, damp dish towel
- ☐ Cutting board

- ☐ Kid-safe knife
- ☐ Grater
- ☐ Heat-resistant spatula

Ingredients

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- ☐ Calzone dough:
 - ☐ 4 C all-purpose flour + more if needed ****(for GLUTEN ALLERGY sub 4 C gluten-free/nut-free all-purpose flour)****
 - ☐ 1 tsp baking powder
 - ☐ 1 tsp salt
 - ☐ 2 C plain Greek yogurt ****(for DAIRY ALLERGY sub 2 C dairy-free/nut-free plain Greek yogurt)****
 - ☐ olive oil or cooking spray for brushing on dough and cooking
 - ☐ Creative filling options (choose 1 cheese + 4 to 5 additional ingredients):
 - ☐ 1/2 lb mozzarella cheese, 1 slice per kid or have the kids grate it ****(for DAIRY ALLERGY sub 1/2 lb mozzarella cheese shreds, like Daiya brand)****
 - ☐ 1/2 C ricotta cheese ****(Omit for DAIRY ALLERGY or sub 1/2 C dairy-free/nut-free cream cheese)****
 - ☐ cream cheese ****(Omit for DAIRY ALLERGY or sub dairy-free/nut-free cream cheese)****
 - ☐ 1 handful fresh spinach
 - ☐ bell pepper
 - ☐ zucchini
 - ☐ 1 handful fresh mushrooms
 - ☐ canned potatoes or frozen and thawed shredded potatoes
 - ☐ canned yams
 - ☐ 1 handful frozen corn or peas
 - ☐ tomatoes
 - ☐ fresh sage or basil leaves
 - ☐ dried herbs – you choose!

Food Allergen Substitutions

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Gluten/Wheat: For 4 C all-purpose flour, substitute 4 C gluten-free/nut-free all-purpose flour.

Dairy: For 2 C plain Greek yogurt, substitute 2 C dairy-free/nut-free plain Greek yogurt. For 1/2 lb mozzarella cheese filling option, substitute 1/2 lb mozzarella cheese shreds, like Daiya brand. For 1/2 C ricotta cheese filling option, omit or substitute 1/2 C dairy-free/nut-free cream cheese. For cream cheese filling option, omit or substitute dairy-free/nut-free cream cheese.

Instructions

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intro

Kids' creativity is the focus of this recipe. Make dough with your kids, then have them prepare the filling, lined up on the table. Kids get to make their own Italian creations!

mix + knead

To make the calzone dough, add **4 cups flour**, **1 teaspoon baking powder**, and **1 teaspoon salt** to a large mixing bowl and mix. Stir in **2 cups of Greek yogurt** until the dough is too stiff to stir with the spoon. Then, knead it in the bowl until it holds together well, adding more flour if necessary. Turn the dough out on a floured surface and cut into pieces for each child. Have kids continue kneading their dough for about 5 minutes until the dough feels smooth and elastic.

scrumptious science

In the above step, you are creating gluten. Gluten is a protein strand that forms when glutamate (a precursor to the gluten in flour) mixes with water. The act of mixing the glutamate and water together causes a reaction that results in the creation of gluten. For a moment, compare gluten to a rubber band in your mind. Both are elastic and stretchy and snap back to their original shape.

roll + shape + rest

Kids can then roll their dough into a ball and plop the dough balls into an oiled bowl. Cover with a clean, damp dish towel and set aside to rest.

counting break

Let's count to 10 in Italian! 1 uno (OO-noh), 2 due (DOO-eh), 3 tre (treh), 4 quattro (KWAHT-troh), 5 cinque (CHEEN-kweh), 6 sei (SEH-ee), 7 sette (SET-teh), 8 otto (OHT-toh), 9 nove (NOH-veh), 10 dieci (dee-EH-chee).

chop + grate

Time to make the fillings! Have kids fill bowls with the **filling options** selected for the calzones. They can chop and grate the **vegetables** as they wish.

oil + press + flatten

Coat each dough ball in oil. Give each kid a small oiled ball of dough and have them press the balls flat into round discs. Take 1 disc of flattened dough and make sure it is less than 1/4-inch thick. The thinner the dough, the better! (Kids may need to wash their oily hands.)

fill + fold + seal

Have kids spoon on fillings of their choice, then fold the dough over into half-moon shapes and carefully pinch the sides together to seal in the fillings.

cook + cool

Either preheat your oven to 400 F and place the filled and folded calzones on a greased baking sheet and bake for 12 to 18 minutes, or cook the calzones in a nonstick skillet on your stove top over medium heat for 2 to 3 minutes on each side. They will puff up in places or all over, and there may be some blackish-brown spots on the bottom, which is totally okay! Let the calzones cool a bit before eating. Serve with **Saucy Tomato Dip**. "Buon appetito" (Bwohn ap-peh-TEE-toe) or "Enjoy your meal" in Italian!

Featured Ingredient: Flour!

Hi! I'm Flour!

"Happy Baking, Friends! I'm Flour, and I'm a VIP (Very Important Powder)! I'm really quite useful (and humble). You can use me to make breads, cakes, cookies, crackers, crumpets, doughnuts, muffins, pancakes, pasta, waffles, and more. (Which is your favorite?) I can coat vegetables and meats before frying them in oil, and you can combine me with a fat to make a roux to thicken sauces and gravies. You can even make play dough and glue with me. Can you see now why I'm a VIP?"

History

Around 8,000 to 15,000 years ago, people discovered that they could crush wheat seeds between simple grindstones to make flour.

When you grind cereal grains, beans, seeds, or roots (like cassava), they become a powder, resulting in flour. Some of the grains besides wheat that can be ground into flour are rye, buckwheat, barley, corn, oat, and rice. Other foods used to make flour are potatoes, acorns, mesquite, cassava, soybeans, garbanzo beans (or chickpeas), amaranth, and even bananas!

Flour is the primary component of bread, and bread is a staple in many countries. Therefore, sufficient amounts of flour are critical, which has caused major economic and political issues at various times

throughout history.

Anatomy & Etymology

Before grains are ground into flour, they are whole pieces taken from a plant.

Each kernel of wheat consists of three parts: the coarse outer bran layer (which contains most of the fiber), the germ, and the endosperm. The endosperm stores the grain's starch, a carbohydrate that the body uses to create energy. Other foods that contain starch are potatoes, pasta, and rice.

Whole-wheat flour is the result of grinding or milling the whole grain. It contains all three parts of the kernel—bran, endosperm, and germ.

White flour has been refined or polished and bleached to remove the bran. As a result, white flour has less fiber than whole-wheat flour and fewer nutrients, too.

The word "flour" is originally a variant of the word "flower." Both derive from the Old French "fleur" or "flour," literally "blossom," and figuratively "the finest" (of the milled grain).

How Flour is made

Flour is made in nearly every country in the world.

First, farmers plant wheat seeds, and plants begin to grow. Then, when they are ready to harvest, farmers collect them with giant machines called combines.

Combines cut, separate, and clean the wheat at the same time. The grain must be completely dry before storing, so farmers don't harvest it when it's rainy.

Then, they transfer the flour to a mill (a building where grains are ground into flour), where a miller will oversee the grinding of the wheat grain into flour.

One whole wheat grain makes over 20,000 particles of flour!

Nutrition

Flour contains protein and is a significant source of carbohydrates.

Carbohydrates are a direct source of energy for the body. Our bodies first have to make some changes to the carbohydrates, but then they are quickly converted to energy by our cells.

Fiber helps to keep our intestines happy, feeding the good bacteria in our gut. Whole-wheat, unbleached flour is an excellent source of fiber.

Whole wheat contains essential nutrients, including vitamins, minerals, healthy fats, protein, and fiber.

Organic, unbleached flour is the healthiest.

Wheat-free and gluten-free flours are vital to people who have celiac disease, wheat allergies, or gluten intolerance (or non-celiac gluten sensitivity). Varieties of gluten-free flours include those made from:

almonds, amaranth, buckwheat, corn, garbanzo beans (or chickpeas), millet, quinoa, rice, sorghum, soybeans, and teff.