



SPORTS NUTRITION RECIPES



BREAKFAST CALZONES

BY BREEZE BROWN, RD

WHAT YOU'LL NEED:

MAKES 6 BREAKFAST CALZONES

FOLLOW PIZZA DOUGH DIRECTIONS (IF MAKING YOUR OWN DOUGH) OR USE
PREMADE PIZZA DOUGH

INGREDIENTS:

12 EGGS

$\frac{3}{4}$ C MOZZARELLA CHEESE

6 TBSP. PIZZA /MARINARA SAUCE (CHECK LABEL A REFRAIN FROM ADDED SUGAR)

6 STRIPS OF BACON

1 TBSP. OLIVE OIL

PUTTING IT TOGETHER:

1. Preheat oven to 475 degrees
2. Cook bacon as directed (in pan or microwave)
3. In a large bowl whip all 12 eggs together.
4. In a large greased skillet scramble eggs over medium heat until cooked. (Approx. 5-7min)
5. Chop the cooked bacon and add to the egg mixture
6. Prep your dough by rolling out on a floured flat surface. Place 1 Tbsp. of pizza sauce, 1/6 of your egg mixture and 2 Tbsp. of mozzarella cheese on one half of your dough. Fold the other half of the dough over top and crimp edges to keep ingredients from falling out the sides.
7. Carefully place your calzone on a cookie sheet or pizza pan that has been sprinkled with corn meal (this will help prevent sticking). Follow the same instructions for the rest of your 5 calzones. Brush calzones with olive oil before placing in oven.
8. Bake for 12 min at 475 degrees.

KEEP IN FRIDGE FOR UP TO 3 DAYS OR IN FREEZER FOR 3 WEEKS