



Makes 4 calzones
Preparation Time: 1 hours
Cook Time: 30 minutes

INGREDIENTS:

⅓ cup raw cashews

2¼ cups potato flakes (or ½ cup
+ 3 tablespoons potato flour)

1 cup whole wheat flour

½ teaspoon sea salt

2½ cups finely chopped peeled
white sweet potato

1 cup finely chopped onion

1 cup coarsely chopped red bell
pepper

3 cloves garlic, minced

1 tablespoon chopped fresh
thyme (or 1½ teaspoons dried
thyme, crushed)

1 tablespoon chopped fresh
oregano (or 1½ teaspoons dried
oregano, crushed)

2 cups chopped stemmed kale

1¼ cups unsweetened,
unflavored plant-based milk

6 tablespoons nutritional yeast

1 tablespoon white wine vinegar

Crushed red pepper, to taste

1½ cups oil-free marinara sauce,
warmed

Air-Fryer Sweet Potato and Kale Calzones

It's hard to believe that these vegan calzones are free of animal products and oil. A cheesy sauce coats the tender veggie filling, and the air-fryer bakes them to crispy, flaky perfection for a hearty, healthy handheld meal.

You can use potato flakes or potato flour (ground-up flakes) in this recipe, though note the difference in volume. Both are widely available and will result in delightfully airy dough.

By Darshana Thacker Wendel

- 1 For dough, soak cashews in 1½ cups hot water 20 minutes. Place cashews and soaking liquid in a blender and blend until smooth. In a bowl combine 1¾ cups of the potato flakes or the ½ cup potato flour, the whole wheat flour, and ¼ tsp. of the salt. Add cashew paste and stir until a dough forms.
- 2 For filling, in a saucepan combine the next six ingredients (through oregano) and ¾ cup water. Bring to boiling; reduce heat to medium. Cover and cook about 5 minutes or until sweet potato is halfway cooked, stirring occasionally. Stir in kale. Cover and cook about 5 minutes more or until sweet potato is tender, adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking.
- 3 In a blender combine the remaining ½ cup potato flakes or the 3 tablespoons potato flour, the milk, nutritional yeast, and vinegar. Blend until smooth. Stir milk mixture, crushed red pepper, and remaining ¼ tsp. salt into the vegetables. Taste and adjust seasoning.
- 4 Preheat air fryer to 350°F for 15 minutes. Cut parchment paper into four 8×11-inch pieces. Sprinkle a clean surface with additional whole wheat flour. Divide dough into four portions; form portions into balls. On floured surface roll one ball into an 8-inch circle. Spoon ½ cup of the filling on half of the circle, leaving a 1-inch border. Fold unfilled half over filling to form a half-moon. Crimp edge with a fork to seal; brush top with additional milk.
- 5 Sprinkle flour over one piece of the parchment. Place calzone on parchment. Lift parchment by edges and place in air fryer. Air-fry about 8 minutes or until browned on top.
- 6 Repeat with remaining dough balls and filling. Serve calzones with marinara sauce.