



HOME CHEF

BREAKFAST

# Sausage and Egg Calzone

With Swiss Chard, Cheddar Cheese, and Country Gravy



In the arms race for encased breakfast foods, we present to you the nuclear option. Tender, flaky dough houses scrambled egg, pork sausage, Cheddar, and Swiss chard. Topped off with creamy country gravy, this is a meal that's nourishing and satisfying enough to act as a deterrent against feeling hungry an hour later. In other words, it's the breakfast to end all breakfasts.

## OVERVIEW



TIME TO PREPARE



EXPERT RECIPE



DAYS BEST COOKED BY

## DIETARY



NUT-FREE



SOY-FREE

## NUTRITION

Calories: 830  
Carbohydrates: 95g  
Fat: 29g  
Protein: 53g  
Sodium: 1939mg  
*per serving*

## DRINK PAIRING

All the usual breakfast beverages work well with this dish, whether it's fresh-squeezed orange juice, a Mimosa, or a Bloody Mary.

## INGREDIENTS

7 oz. Swiss Chard  
5 oz. Ground Pork  
2 Tbsp. Breakfast Sausage Seasoning  
½ Cup Liquid Egg  
10 oz. Self Rising Flour  
8 oz. Plain Greek Yogurt  
1 oz. Shredded Cheddar Cheese  
2 Tbsp. Butter  
1 ½ Cup Whole Milk

## WHAT YOU NEED

Olive Oil  
Salt  
Pepper

## EQUIPMENT

Baking Sheet  
Colander  
Medium Pan  
2 Mixing Bowls

## DID YOU KNOW?

Our breakfast sausage seasoning is made with 5 parts ground sage, 3 parts each brown sugar and kosher salt, and 1 part each onion powder and garlic powder. No rolling pin for the dough? Use a wine bottle or small can to roll out your dough.

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## Prepare the Ingredients

Preheat oven to 400 degrees. Prepare a baking sheet with foil. Place a colander in the sink. Thoroughly rinse produce and pat dry. Heat 1 tsp. **olive oil** in a medium pan over high heat. Stem **Swiss chard** and coarsely chop leaves. Add Swiss chard and ¼ cup **water** to pan and cook 2-3 minutes, or until leaves are wilted and tender. Season lightly with **salt and pepper** and remove to colander to drain and cool. Combine **ground pork** and half the **breakfast sausage seasoning** in a medium bowl.



## Make the Filling

Wipe pan clean from previous step and return to medium heat. Add 1 tsp. **olive oil** and **liquid eggs**. Gently stir eggs for 1-2 minutes until a wet and loose scramble forms. Remove to a plate and wipe pan clean. Return pan to medium-high heat, add **seasoned sausage** and cook until well-browned, about 3-4 minutes. Constantly stir and break up sausage as it cooks. Remove to same plate as eggs and reserve pan and pan drippings for future step.



## Make the Dough

Measure out ½ cup **self-rising flour** and set aside. *This “bench flour” will be used to prevent dough from sticking in the next step.* From this **bench flour**, set aside 3 Tbsp. for gravy. Set aside 2 Tbsp. **yogurt**. Place **remaining flour** and **remaining yogurt** in a mixing bowl with 1 Tbsp. **olive oil** and ½ tsp. **salt**. Mix with your hands until a shaggy dough forms.



## Knead and Roll Out the Dough

Dust a clean work surface with **bench flour**. Turn **dough** out onto floured surface and knead 5 minutes, folding dough over on itself and then pressing down with the heel of your hand. *Dough should be slightly sticky. If it's too wet, add flour. If it's too dry, add reserved yogurt.* Divide **dough** into two equal balls and roll into two 10” circles, dusting with bench flour to prevent sticking. Transfer rolled dough circles to prepared baking sheet.



## Fill and Bake Calzones

Add **eggs, sausage, Swiss chard,** and **Cheddar cheese** to half of the **dough circle**. Fold **dough** over to make 2 half-moons and press edges together to seal. Using your thumb and forefinger, pinch and crimp dough into a decorative edge. Brush tops with 2 tsp. **olive oil** and bake 18-20 minutes, or until golden brown. Remove from oven and cool for 5 minutes.



## Make Gravy and Plate the Dish

While **calzone** is cooling, place pan from previous step over medium heat. Add **butter**, melt, and stir in **flour**. Cook 1 minute, then slowly whisk in **milk**. Stir until boiling, reduce heat to low, and cook 3 minutes, or until **gravy** is thick and creamy. Season to taste with remaining **seasoning blend**, ¼ tsp. **pepper**, and **salt**. Slice cooled calzone in half and serve with **gravy**.