

## Baked Chicken Alfredo Calzones with Spinach and Garlic

If you love creamy pasta dishes and cheesy baked comfort food,



**OVEN**  
**400°F**

**TIME**  
**22 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

#### Dough:

- 3 cups all-purpose flour
- 1 tablespoon sugar
- 2 teaspoons instant yeast
- 1 teaspoon salt
- 2 tablespoons olive oil
- 1 cup warm water

#### Filling:

- 1 cup cooked chicken breast, diced or shredded
- 1 cup Alfredo sauce
- 1 cup shredded mozzarella cheese
- 1/2 cup grated parmesan cheese
- 1 cup fresh spinach leaves (optional)
- 1/2 teaspoon black pepper
- 1/2 teaspoon garlic powder

#### Topping:

- 1 egg, beaten (for brushing)
- 1 tablespoon grated parmesan cheese (optional)
- 1 teaspoon Italian herbs (optional)

### DIRECTIONS

1. Make the dough. In a large bowl, combine flour, sugar, yeast, and salt. Add warm water and olive oil, then knead until a smooth dough forms.
2. Let the dough rise. Cover the bowl and allow the dough to rise for about 1 hour, or until doubled in size.
3. Prepare the filling. In a bowl, combine cooked chicken, Alfredo sauce, mozzarella, parmesan, black pepper, and garlic powder. Stir in spinach if using.
4. Preheat the oven. Set the oven to 400°F (200°C) and line a baking sheet with parchment paper.
5. Divide the dough. Cut the dough into four portions and roll each portion into an 8-inch circle.
6. Add the filling. Place the Alfredo chicken mixture on one half of each dough circle, leaving a border around the edge.
7. Seal the calzones. Fold the dough over the filling to create a half-moon shape and press the edges with a fork to seal.
8. Brush and season. Place calzones on the baking sheet and brush with beaten egg or olive oil. Sprinkle parmesan and Italian herbs on top if desired.
9. Bake. Bake for 18-22 minutes, or until the calzones are golden brown and crisp.
10. Serve warm. Allow them to cool slightly before serving. Offer extra Alfredo or marinara sauce for dipping.

### SWAPS & NOTES

Chicken Options Rotisserie chicken works wonderfully here and

saves time.

Leftover grilled or baked chicken also works well.

Spinach Add-In Fresh spinach adds color and a subtle freshness

that balances the richness of the Alfredo sauce.

**Cheese Variations** You can substitute provolone, fontina, or Italian cheese blends for the mozzarella.

### TIPS FOR SUCCESS

**Don't overfill the calzones** Too much filling can cause them to burst open while baking.

**Seal the edges well** Pressing with a fork helps keep the filling inside while they bake.

**Use parchment paper** This prevents sticking and makes cleanup much easier.

**Let them cool briefly** The filling will be extremely hot right out of the oven.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/baked-chicken-alfredo-calzones-with-spinach-and-garlic/>