

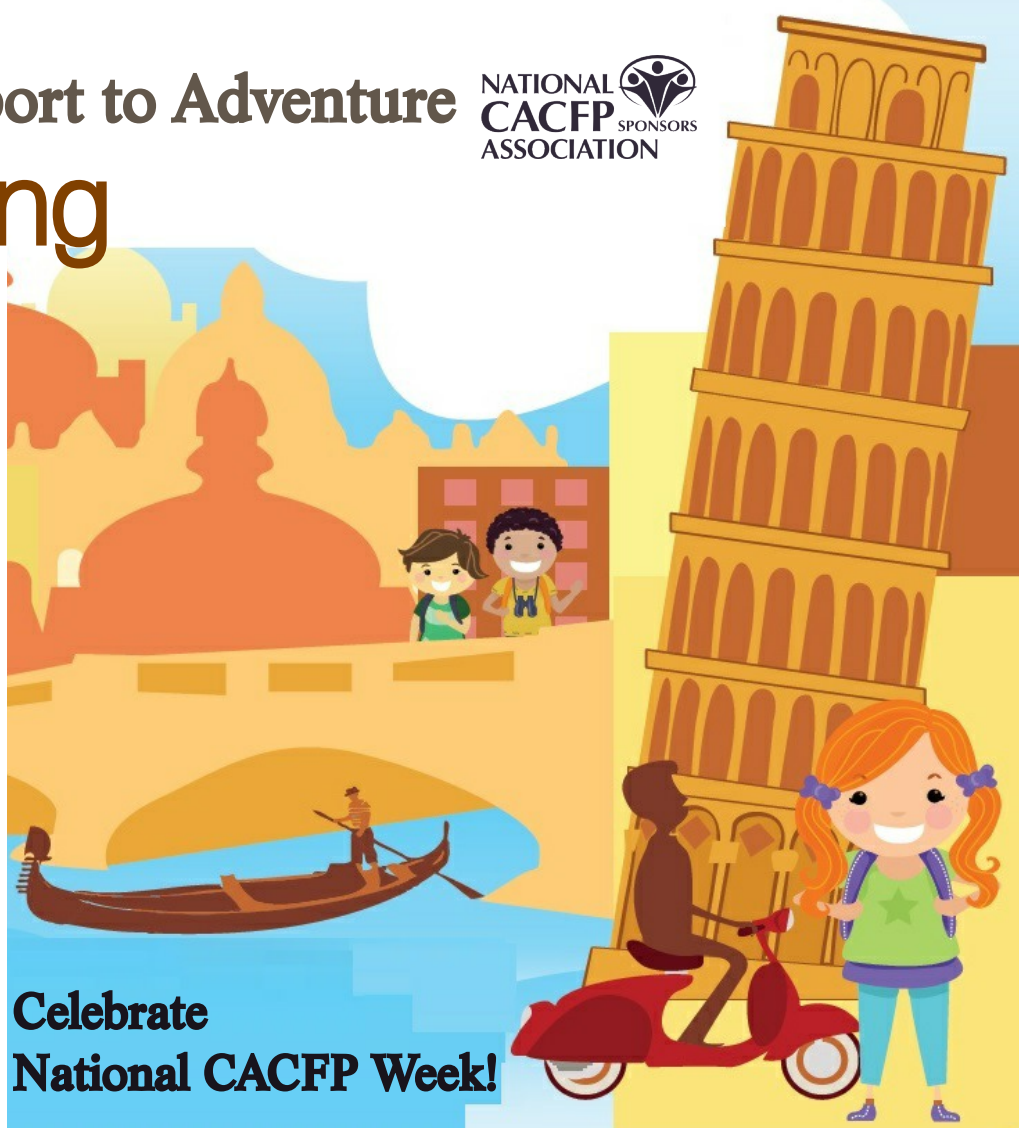
## Mindful Eating

Italians are known for eating slowly and taking the time to enjoy their meals. Take time to make this traditional Italian favorite and savor it together, slowly over dinner!

### Calzones

- 8 frozen whole-grain dinner rolls, unrisen and thawed
- 1 tablespoon flour, for rolling out dough
- 1 cup marina sauce
- 1 cup low-fat mozzarella cheese, shredded
- Pizza toppings (turkey pepperoni, pineapple, olives, favorite veggies)
- Cooking spray

Preheat oven to 350°F. On a lightly floured surface, spread out each ball of dough to form eight 4 inch circles. On each circle, spread a tablespoon of sauce and layer any combination of veggies and pepperoni. Divide cheese and sprinkle over each circle. Moisten edges of dough circles with water and fold in half, covering filling. Press a fork along the open edges to seal, and cut a small slit in the top of each one. Place on a baking sheet coated with cooking spray and bake at 350°F for 20-25 minutes or until golden brown. Serve with remaining marinara sauce for dipping.



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Eating slowly and mindfully can be a challenge these days as our schedules are busy and our lifestyles have us on the go. Eating slowly gives us ample time for our brain to tell our belly it's full, which prevents overeating. And just the act of chewing longer increases the absorption of important nutrients and allows our body to create more of the enzymes required for properly digesting food. Focus on eating and avoid distractions such as television and phone calls. By savoring every bite, you're more likely to feel satisfied sooner. Serve appropriate portions and take smaller bites – and don't inhale! The more times you chew, the more you'll taste each bite and the less likely you'll feel the need to reach for more. Families are encouraged to use mealtime as an opportunity to connect, and the sheer act of stopping in between bites to respond or ask questions helps in eating at a slower pace.