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If you have a hankering for pizza, Herbed Shrimp and Tomato Calzone can satisfy your craving.

Cheesy but not fattening

Cut the calories, not the flavor, in calzone

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Calzone sounds and looks decadent: Lots of cheese, and often fatty meats, wrapped in pizza dough.

But calzone can fit quite easily into a healthy diet — primarily by toning down the cheese and avoiding the fatty meats.

Today's recipe, from Robin Miller's new book "Robin Takes 5" (Andrews McMeel), uses lean but high-protein shrimp combined with a moderate amount of mozzarella and seasoned tomatoes for flavor.

This is one of 500 recipes in the book that use five or fewer ingredients and yield 500 calories or less per serving. A serving of this calzone is just 288 calories.

Herbed Shrimp and Tomato Calzone

Makes 6 servings.

1 pound fresh or frozen bread or pizza dough, thawed
15-ounce can diced tomatoes, drained
8 ounces medium shrimp, peeled and deveined
2 teaspoons onion and herb seasoning (preferably salt-free)
1 cup shredded part-skim mozzarella cheese

1. Heat oven to 375 degrees.
2. Roll out the dough into a large circle about ½ inch thick. Transfer the dough to a baking sheet; don't worry if some dough hangs over the edge.
3. Combine tomatoes, shrimp and seasoning in a bowl. Top one half of the dough with the shrimp mixture and the cheese. Fold remaining half of dough over the filling. Pinch edges to seal. Bake 20 minutes, until the crust is golden brown. Let stand 5 minutes before cutting crosswise into slices.

Nutrients per serving: 288 calories, 6 grams fat (3 grams saturated), 75 milligrams cholesterol, 39 grams carbohydrate, 19 grams protein, 2 grams fiber, 714 milligrams sodium.

