

Italian Stromboli

Yield: 3 Servings **Author:** Lauren

PREP TIME: 20 MIN

COOK TIME: 18 MIN

TOTAL TIME: 38 MIN

Black Forest ham, turkey pepperoni, pepperocinis, onion, and mozzarella cheese rolled in the two ingredient dough and baked for a healthier gooey hot Stromboli

INGREDIENTS:

- 1 1/2 cups Fat Free Plain Greek Yogurt
- 1 1/2 cups Self Rising Flour (or Any kind of flour + 1 tsp baking powder)
- 9 oz Black Forest Ham
- 35 slices Turkey Pepperoni
- 1/2 cup Part Skim Mozzarella Cheese
- 1/2 Yellow Onion
- 1/2 cup Peperoncini peppers
- 1 Egg
- 1 tsp Italian Seasoning
- 1/2 tsp Garlic Powder
- 1/4 tsp Onion Powder
- 1/2 cup Low Calorie Marinara Sauce

INSTRUCTIONS:

1. Preheat the oven to 450 degrees
2. In a small bowl, mix the greek yogurt and the flour until a dough forms
3. On a pastry sheet, roll out dough into an oval
4. Layer on the ham, pepperoni, peppers, and onion and sprinkle the cheese on top

5. Using the pastry sheet, carefully roll the dough into a log and trim the ends where excess dough is hanging over
6. Brush the Stromboli with egg wash and season with Italian seasoning, garlic powder, and onion powder
7. Place the Stromboli on a greased baking sheet and bake for 18 minutes
8. Remove from oven and let sit for 5 minutes before slicing into 3 sections
9. Serve with Low calorie marinara sauce for dipping and enjoy!