

REALLY EASY STROMBOLI

RECIPE IS FOR TWO OF THEM – YOU WILL NEED THEM

2 TUBES (13.8 OZ.) REFRIGERATED PIZZA CRUST

8 OZ. THINLY SLICED PART-SKIM MOZZARELLA CHEESE

8 OZ. THINLY SLICED TURKEY BREAST

8 OZ. THINLY SLICED SMOKED HAM OR PROSCIUTTO (LOW SODIUM, IF POSSIBLE)

8 OZ. THINLY SLICED HARD SALAMI

BANANA PEPPER RINGS, MILD OR HOT – YOUR CHOICE

2 TBSP. SHREDDED ASIAGO CHEESE OR MAY USE GRATED PARMESAN

1 TSP GARLIC POWDER

1 TSP DRIED PARSLEY FLAKES OR MRS DASH SALT FREE SEASONING

MARINARA SAUCE, WARMED (FOR DIPPING)

ON A GREASED BAKING SHEET, ROLL OUT ONE PIZZA CRUST AND PAT INTO A 16 X 13 INCH RECTANGLE. IN THIS ORDER, LAYER HALF OF THE MOZZARELLA CHEESE, DELI MEATS, AND PEPPERS (TO TASTE) LENGTHWISE DOWN THE CENTER THIRD OF CRUST. LEAVE A ½ INCH BORDER AT EACH END. FOLD LONG SIDE OF CRUST OVER FILLING, PINCH THE SEAM TO SEAL. FOLD THE ENDS (1/2 INCH) UP TOWARDS THE CENTER AND PINCH TO SEAL. CUT SLITS IN THE TOP (3-4 OF THEM). IF YOU ARE MAKING A SECOND ONE, REPEAT THE RECIPE TO HERE.

SPRINKLE THE TOP(S) WITH 1 TBSP. ASIAGO CHEESE, ½ TSP GARLIC POWDER, ½ TSP PARSLEY FLAKES. I SOMETIMES ADD A MIX OF SHREDDED MOZZARELLA AND PROVOLONE ON TOP ALSO.

BAKE AT 425 DEGREES FOR 16-20 MINUTES UNTIL GOLDEN BROWN. SERVE WITH MARINARA SAUCE. EACH STROMBOLI SERVES 6.

(DEPENDING ON MEAT USED, EACH SERVING CONTAINS: ABOUT 304 CALORIES, 15 G. FAT, 44 MG CHOLESTEROL, 1123 MG SODIUM, 25 G. CARB, 1 G FIBER, 17 G PROTEIN.)