

# Classic Italian Stromboli

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Serves 4 – cut into 8 slices, 1 serving is 2 slices.

All plans – 10 points per serving.

### Dough

- 1 cup flour
- 1 tsp baking powder
- 1/2 tsp salt
- 1 tsp yeast
- 1/4 cup non fat greek yogurt
- 1/4-1/2 cup water

### Filling

- 1 Tbsp light butter, melted
- 1 tsp garlic, minced
- 1 cup part skim mozzarella cheese, shredded
- 12 slices lean deli ham, sliced thin
- 10 slices hard salami
- 1 jar roasted red peppers in water, very well drained and patted dry
- 1 egg
- 1 Tbsp water
- 2 Tbsp Parmesan cheese, grated
- marinara sauce for dipping

## Dough

1. In a large bowl, combine flour, yeast, salt and baking powder. Stir
2. Add greek yogurt and stir.
3. Add water, starting with a few tablespoons and stir – add more water until the dough comes together in a ball. Knead for about a minute.
4. Let dough rise in a warm place for about 30 minutes.

## Assembly

1. After dough rises, roll the pizza dough on a piece of parchment paper into a 12×14 inch rectangle. Brush the dough with the melted butter and sprinkle garlic on top.
2. Sprinkle on 1/2 cup mozzarella cheese, leave a 1 to 2 inch border around 1 long edge and 2 short edges of the dough.
3. Top with 12 slices of ham
4. Place roasted peppers on top of ham.
5. Layer salami on top of the peppers.
6. Add another 1/2 cup of mozzarella.
7. In a small bowl, beat the egg with the water. Use a brush to coat the 3 exposed edges of your dough with egg wash.
8. Carefully roll up the long edge of your Stromboli, starting with the one edge that does not have the egg wash. Roll tightly so it stays together.
9. Seal the seam with wet fingers, then roll the stromboli so the seam is down. Seal the ends with wet fingers and tuck the extra dough on the ends under the stromboli.
10. Pick up the parchment paper and transfer paper and

stromboli to a baking sheet. Brush with egg wash and sprinkle with the Parmesan cheese. Use a sharp knife to make a few shallow diagonal cuts into the top of the stromboli.

11. Bake at 375 for 25-30 minutes until the top is brown. Remove from oven and let sit for a few minutes. Slice into 8 pieces. 1 serving is 2 pieces.