

Prep time: 15 minutes

Cook time: 25-30 minutes

Total time: 45-55 minutes

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Ingredients

For the Stromboli:

- 1 lb (450g) store-bought pizza dough (thawed if frozen)

- All-purpose flour, for dusting

- 1 large egg, beaten with 1 tablespoon of water (for egg wash)

- 1 tablespoon olive oil

For the Filling (Classic Italian):

- ½ cup pizza sauce or marinara sauce, plus more for dipping
- 4 oz (115g) sliced provolone cheese
- 4 oz (115g) sliced mozzarella cheese
- 4 oz (115g) sliced ham
- 4 oz (115g) sliced salami or pepperoni
- ½ cup roasted red peppers, sliced
- ¼ cup black olives, sliced
- 1 teaspoon dried oregano
- ½ teaspoon garlic powder

Optional Add-ins & Variations:

- Sautéed mushrooms, onions, or bell peppers
- Cooked Italian sausage or ground beef

- Fresh spinach or arugula
- A sprinkle of grated Parmesan cheese
- A pinch of red pepper flakes for heat

Instructions

1. Preheat and Prepare (Time: 5 minutes | Intensity: Low)

- Preheat your oven to 400°F (200°C).
- Line a large baking sheet with parchment paper or lightly grease it with olive oil. Set aside.
- Take your pizza dough out of the refrigerator and let it come to room temperature on a lightly floured surface for about 15-20 minutes. This makes it much easier to stretch.

2. Roll and Layer (Time: 10 minutes | Intensity: Medium)

- On a lightly floured surface, roll or stretch the pizza dough into a large rectangle, approximately 10×14 inches. Don't worry if it's not perfect—a rustic shape is part of its charm.
- Spread the pizza sauce evenly over the dough, leaving a 1-inch border around the edges. This border is crucial for sealing the stromboli.

- Layer half of the provolone and mozzarella cheese over the sauce.
- Evenly distribute the ham, salami, roasted red peppers, and black olives over the cheese.
- Sprinkle with the remaining mozzarella and provolone. Top with the dried oregano and garlic powder.

3. Roll and Seal (Time: 5 minutes | Intensity: Medium)

- Starting from one of the long edges, carefully and tightly roll the dough into a log, like you would a jelly roll. Make sure to tuck the filling in as you go to prevent any spillage.
- Pinch the seam and the ends of the roll firmly to seal. If they are being stubborn, you can dab a little water on the dough to help it stick.
- Carefully transfer the stromboli, seam-side down, onto the prepared baking sheet.

4. Brush and Vent (Time: 2 minutes | Intensity: Low)

- Using a pastry brush, generously brush the entire surface of the stromboli with the egg wash. This is the secret to a beautiful, golden-brown, and shiny crust.
- Using a sharp knife, cut 3-4 small slits diagonally across the top of the stromboli. These vents allow steam to escape while baking, preventing the dough from getting soggy and bursting open.

5. Bake to Golden Perfection (Time: 25-30 minutes | Intensity: Low)

- Place the baking sheet in the preheated oven.
- Bake for 25-30 minutes, or until the crust is a deep, gorgeous golden brown and sounds hollow when tapped.
- If you notice the top is browning too quickly, you can loosely tent it with a piece of aluminum foil for the last 10 minutes of baking.

6. Rest, Slice, and Serve (Time: 5 minutes | Intensity: Low)

- This step is non-negotiable! Carefully remove the stromboli from the oven and let it rest on the baking sheet for at least 5-10 minutes. This allows the cheese to set and the filling to cool slightly, making it much easier to slice without it all spilling out.
- Using a serrated knife, slice the stromboli into 1-inch thick rounds.
- Serve immediately with a side of warmed pizza sauce or marinara for dipping.

Nutrition Information (Estimated)

Please note that these values are estimates and will vary based on the specific brands and quantities of ingredients you use. This information is provided as a courtesy.

Serving Size: 1 slice (based on 6 servings)

Calories: ~450 kcal

Total Fat: 22g

Saturated Fat: 9g

Cholesterol: 65mg

Sodium: 1300mg

Total Carbohydrates: 38g

Dietary Fiber: 2g

Sugars: 4g

Protein: 22g