



Air Fryer Stromboli

INGREDIENTS

- 1 cup Fage non-fat Greek yogurt
- 1 cup self-rising flour
- 64 slices Hormel turkey pepperoni
- 6 oz Polly-O part-skim mozzarella cheese
- 1/2 cup mushrooms, sliced
- 1/4 cup green bell pepper, diced
- 1 egg
- oregano, basil, or other seasonings
- minced garlic
- Everything bagel seasoning (optional)
- Feel free to add additional toppings like black olives (shown in picture), pineapple, etc.

NUTRITION FACTS

Serves: 4

Amount Per Serving

- Calories 338
- Total Fat 13 g
- Saturated Fat 6 g
- Cholesterol 97 mg
- Sodium 1121 mg
- Carbohydrate 30 g
- Dietary Fiber 1 g
- Sugars 4 g
- Protein 29 g
- myWW Blue: 8
- myWW Purple: 8
- myWW Green: 9

DIRECTIONS

INSTRUCTIONS

1. Preheat air fryer to 360 degrees for 2 to 3 minutes.
2. Mix together yogurt and almost all of the flour (save some for additional dusting when rolling)
3. Knead dough and roll out into four rectangles (or make 2 large ones and cut in half after cooking).
4. (Optional) Brush each with a mixture of minced garlic and water (or use the juice from a bottle of minced garlic)
5. Shred mozzarella and top each with equal amounts of cheese, leaving about a 1/2 inch around edge.
6. Top each with 16 slices pepperoni.
7. Top with mushrooms and green peppers (or any other toppings of choice).
8. Sprinkle with oregano.
9. Roll up burrito style.
10. Beat egg and brush egg wash onto each stromboli.
11. Cut slits into the top of each stromboli.
12. Season with Everything bagel seasoning or other seasoning (optional).
13. Spray air fryer basket with olive oil spray.
14. Carefully place strombolis into basket (I could only do two at a time).
15. Spray tops of strombolis with olive oil spray.
16. Air fry for 12 to 15 minutes or until golden brown.
17. Let rest 5 minutes.
18. Serve with tomato sauce, if desired.

OVEN METHOD: Bake in 400-degree oven for 22 to 25 minutes, or until golden brown.

This recipe can be found at:

<https://planningushealthy.com/air-fryer-stromboli>

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