

Zucchini Bread Recipes

High Protein Turkey Pepperoni Pizza Rolls

15 min Prep time	**15 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Italian-American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb whole-wheat pizza dough, rolled thin
- [ ] 8 oz turkey pepperoni, sliced
- [ ] 1 cup part-skim mozzarella, shredded
- [ ] 2 tbsp olive oil
- [ ] 1 tsp Italian seasoning

Optional Topping

- [ ] 1 tbsp balsamic glaze
- [ ] 1/2 tsp garlic powder

Instructions

1. Preheat oven to 425°F (220°C). If using a pizza stone, place it in the oven to heat.



2. Cut the dough into 8 equal circles, about 3 inches in diameter; let them rest for 5 minutes.



3. Place a few slices of turkey pepperoni and a sprinkle of mozzarella on each circle, then fold over and seal the edges by pinching tightly.



4. Brush each roll with olive oil mixed with Italian seasoning and garlic powder; arrange on a parchment-lined sheet.



5 Bake for 12-15 minutes, until the tops are golden and the cheese is melted. Drizzle with balsamic glaze if desired.



Nutrition per serving

280 kcal	22 g	30 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra crispness, chill rolled dough on a baking sheet before baking.
- If you prefer a softer crust, cover the rolls with foil for the first 8 minutes.
- Experiment with adding a dash of cookie dough spice blend for a subtle sweetness.