Long Livo

How to Make Stromboli – Easy Cheesy Roll

30 min Prep time	**18 min** Cook time	**48 min** Total time
8 Servings	**Easy** Difficulty	**Italian-American** Cuisine

Ingredients

Dough Base

- [ ] 1 package (14.5 oz) DeLallo Pizza Dough Kit
- [ ] 2 tablespoons olive oil (for dough and brushing)
- [ ] 1 large egg, lightly beaten (for egg wash)

Fillings & Seasoning

- [ ] 1/2 cup marinara sauce, warmed
- [ ] 1 1/2 cups shredded mozzarella cheese (1 cup + 1/2 cup)
- [ ] 1/2 cup grated Parmesan cheese
- [ ] 1/2 cup sliced pepperoni or diced ham
- [ ] 1/4 cup diced bell pepper (any color)
- [ ] 1/4 cup sliced black olives
- [ ] 1/4 cup chopped fresh spinach or arugula
- [ ] 1 tsp dried oregano
- [ ] 1/2 tsp garlic powder
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. First things first, go ahead and preheat your oven to 400°F (200°C). I like to line my baking sheet with parchment paper now so everything is ready and waiting. Well, it just makes cleanup so much easier, honestly.

2. In a small bowl, whisk together those 2 tablespoons olive oil, 1 teaspoon of sugar (if you're doing the rise), 1 1/4 tsp dry yeast, and 1 tsp salt. Now, stir in the dry ingredients from the DeLallo dough kit and 1 1/4 cups warm water (110°F). Mix it all up until a shaggy dough forms—don't worry if it looks a bit messy at first.

3. Move that dough over to a floured surface. Knead it for about 6–8 minutes; you're looking for it to feel smooth and elastic under your hands. Pop it into a lightly oiled bowl, cover it with plastic wrap or a damp towel, and just let it be for 1 hour or until it's doubled in size. Patience is key here.

4. Once it's risen, give the dough a gentle punch to let the air out. Roll it out on a floured surface into a rectangle, roughly 12×8 inches. I lightly brush the dough with 1 tablespoon olive oil—it just keeps things from sticking, yeah.

5. Spread that warmed marinara sauce evenly over the dough, but leave a 1/2-inch border around the edges so the cheese doesn't leak. Sprinkle on the shredded mozzarella and grated Parmesan, then scatter your pepperoni (or ham), bell pepper, olives, and spinach. Finish it off with the oregano, garlic powder, salt, and pepper.

6. Now, carefully roll the dough tightly starting from the long side. Seal the edge with a tiny bit of water or a melted egg wash and pinch that seam tight. Place it seam side down on your baking sheet and brush the top with the beaten egg—that's how you get that lovely golden crust.

7. Slide it into the oven for 15–18 minutes. You want the crust to be golden brown and the cheese inside to be all bubbly. Look, if the top starts browning too fast, just tent it with a strip of foil.

8. Take it out and let it rest on the rack for 5 minutes. I know it's tempting to dive in, but resting helps the cheese set. Then, use a pizza cutter to slice it into 8 equal rounds and serve it while it's still warm.

Nutrition per serving

350 kcal	15 g	32 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Using a parchment liner prevents the cheese from sticking to the pan.
- Allowing the dough to rise fully ensures a fluffy, light crust.
- Resting the stromboli before slicing keeps the fillings from sliding out.