

Bite Spoon

High Protein Turkey Pepperoni Pizza Rolls

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Italian-American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 package (about 7 oz) refrigerated pizza dough
- [ ] 1 cup shredded mozzarella cheese
- [ ] ½ cup sliced turkey pepperoni
- [ ] 2 tbsp olive oil
- [ ] ¼ cup grated Parmesan cheese
- [ ] 1 tsp Italian seasoning

Optional Add-Ins

- [ ] ½ cup finely chopped spinach
- [ ] ¼ cup diced red bell pepper

Instructions

1. Preheat your oven to 400°F (200°C). Lightly flour a clean surface and roll the pizza dough into a ¼-inch thick rectangle.
2. Evenly sprinkle the shredded mozzarella over the dough, leaving a small border. Layer the turkey pepperoni slices, then any optional veggies you like.
3. Roll the dough tightly from the long side, then cut into 1-inch rolls. Place the rolls on a parchment-lined baking sheet, seam side down.
4. Brush the tops with olive oil, then sprinkle Parmesan and Italian seasoning. Bake for 15-20 minutes, until golden and the cheese is bubbling.
5. Remove from the oven, let cool for two minutes, then serve warm. Pair with a side of marinara if desired.

Nutrition per serving

280 kcal	15 g	28 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a crispier edge, broil for the last 2 minutes—watch closely!
- For a smoky flavor, try adding a pinch of smoked paprika to the cheese mix.
- These rolls freeze well; bake from frozen by adding 5 minutes to the bake time.