



Cheeseburger Stromboli



 4 servings

 35 minutes total (Active 15 minutes)

Ingredients

Aluminum foil

1 lb lean ground beef (7% fat)

½ cup Thousand Island dressing

1 refrigerated pizza dough (14–15 oz)

12 dill pickle chips

6 slices American cheese

Steps

1. Preheat oven to 400°F. Line baking sheet with foil. Preheat large, nonstick sauté pan on medium-high 1–2 minutes. Place meat in pan; cook 4–5 minutes, stirring to crumble, until no pink remains. Drain fat, then combine meat and dressing in large bowl.
2. Unroll dough onto baking sheet and stretch into a 13- x 9-inch rectangle. Place meat filling lengthwise down center of dough, then spread evenly toward edges, leaving a 1/2-inch border. Top evenly with pickles and cheese. Roll one long side tightly around filling (like a cinnamon roll); press edges to seal.
3. Bake stromboli 18–20 minutes or until dough is browned and meat is 160°F. Let stand 5 minutes to cool. Slice and serve with additional dressing on the side, if desired.

Nutritional Information

Amount per 1/4 recipe serving: Calories 640, Total Fat 25.00g, Sat Fat 9.00g, *Trans* Fat 0.00g, Chol 120mg, Sodium 1860mg, Total Carb 57g, Fiber 0.00g, Sugars 6g, Protein 44g, Calc 20%, Vit A 0%, Vit C 0%, Iron 35%