



**NUTRITION** *per serving* 82g carbohydrates 31g fat 36g protein 2082mg sodium | vegetarian, soy-free, shellfish-free, nut-free



Calories  
747



Prep & Cook Time  
50-60 min.



Cook Within  
7 days



Difficulty  
Expert



Spice Level  
Not Spicy



HOME CHEF

2 SERVINGS SHOWN

## East Coast Veggie Stromboli

with spinach, cremini mushrooms, and garlic-butter crust

### IN YOUR BOX

- .6 oz. Butter
- 6 oz. Cremini Mushrooms
- 1 Red Onion
- 2 Garlic Cloves
- 2 tsp. Italian Seasoning Blend
- 2 oz. Baby Spinach
- 7 ½ oz. Self Rising Flour
- 5.3 oz. Plain Greek Yogurt
- 4 ½ oz. Shredded Mozzarella
- 15 oz. Pizza Sauce

### IN YOUR KITCHEN

- Olive Oil
- Salt
- Cooking Spray
- Baking Sheet
- Medium Non-Stick Pan
- Mixing Bowl
- Small Bowl

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## BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **375 degrees**
- Set **butter** on counter to soften
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray

## WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- Use **red onion** to taste to keep elements balanced.
- **Heads Up!** **Garlic** is used twice. Half goes into **filling** and remaining tops **crust**.
- **Heads Up!** **Italian seasoning** is used twice. Most goes into **filling**, and a pinch garnishes **crust**.
- **Heads Up!** **Pizza sauce** is used twice.  $\frac{1}{4}$  goes in **stromboli** and remaining is used for dipping.

## FROM THE CHEF

Don't worry if dough is shaggy at first. Kneading will turn it into a smooth, elastic ball.

Prevent dough from sticking when rolling out by using reserved bench flour to dust work surface, rolling pin, and your hands.

### Did you know...

More than a couple pizzerias in the U.S. claim to have invented stromboli in the 1950s, but all agree that it was named after the film "Stromboli," starring Ingrid Bergman.



1

## Prepare the Filling

Cut **mushrooms** into  $\frac{1}{8}$ " slices. Halve and peel **onion**. Slice halves into thin strips. Mince **garlic**. Place a medium non-stick pan over medium-high heat. Add 2 tsp. **olive oil**, mushrooms, onions (to taste), half the garlic, **Italian seasoning** (reserve a bit for garnish), and  $\frac{1}{4}$  tsp. **salt** to hot pan. Cook, stirring occasionally, until browned, 6-10 minutes. Add **spinach** and cook 1 minute until slightly wilted. Transfer to a plate and cool 5-8 minutes. Reserve pan; no need to wipe clean.



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## Form the Stromboli

Transfer **rolled dough** to prepared baking sheet. *Prevent tearing by rolling dough onto rolling pin and unrolling onto baking sheet or gently folding dough, transferring, and unfolding.* Add **vegetable mixture** to dough, leaving 2" border all the way around. Top with **cheese** and  $\frac{1}{4}$  the **pizza sauce**.



2

## Make the Dough and Garlic Butter

Measure out  $\frac{1}{4}$  cup **self-rising flour** and set aside. This "bench flour" is used to prevent dough from sticking. Place remaining flour, **Greek yogurt**, and 1 Tbsp. **olive oil** in a medium mixing bowl and stir until combined. *Dough will appear dry and crumbly.* Mix remaining **garlic** with **butter** in a small bowl and place somewhere warm to melt.



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## Bake the Stromboli

Fold long edge of **dough** over filling and gently roll to enclose filling. Place seam side down on baking sheet and seal by folding ends underneath. Bend dough in a crescent shape and slash top at 2" intervals to vent. Coat with **cooking spray** and bake 25 minutes. Remove from oven, brush with **garlic butter**, sprinkle with remaining **Italian seasoning**, and bake until golden brown, 5-8 minutes. Rest 5 minutes before slicing into quarters.



3

## Roll The Dough

Dust a clean work surface with reserved **bench flour**. Turn **dough** onto dusted surface and knead 5 minutes, folding dough over on itself and pressing down with heel of your hand. Using a rolling pin or bottle, roll dough into a rectangle approximately 10" by 14". *Dough does not have to be shaped perfectly.* Keep dusting surface, rolling pin, and dough with bench flour to prevent sticking.



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## Plate the Dish

Heat remaining **sauce** in pan used to cook vegetables over medium heat, if desired. Place **stromboli** on a plate alongside sauce for dipping.