



## Poppin' Pepperoni Stuffed Pizza Rolls



1/6th of recipe (1 roll): 139 calories, 3g total fat (1g sat. fat), 447mg sodium, 20g carbs, 3.5g fiber, 2.5g sugars, 9g protein

**Prep:** 20 minutes    **Cook:** 20 minutes

**Cool:** 10 minutes



More: [Recipes for Sides, Starters & Snacks, Four or More Servings](#)

### Ingredients

#### Rolls

1 cup roughly chopped cauliflower (or 3/4 cup [cauliflower rice](#))  
1 cup whole-wheat flour  
3/4 cup fat-free plain Greek yogurt  
1 tbsp. light whipped butter or light buttery spread, room temperature  
2 tsp. baking powder  
2 tsp. chopped garlic  
1/2 tsp. onion powder  
1/4 tsp. salt  
1/3 cup shredded part-skim mozzarella cheese  
12 slices (about 3/4 oz.) turkey pepperoni, chopped

#### Sauce

1/2 cup canned crushed tomatoes  
1/2 tsp. garlic powder  
1/2 tsp. onion powder  
1/2 tsp. Italian seasoning

### Directions

Preheat oven to 450 degrees. Spray a baking sheet with nonstick spray.

Pulse cauliflower in a food processor until reduced to the consistency of coarse breadcrumbs. (Even if you begin with cauliflower rice, don't skip this step!) Place cauliflower crumbs in a large microwave safe bowl; cover and microwave for 2 minutes. Uncover and stir. Re-cover and microwave for another 2 minutes, or until hot and soft.

Transfer to a fine-mesh strainer to drain. Let cool for about 10 minutes.

Using a clean dish towel (or paper towels), firmly press out as much liquid as possible.

Return cauliflower crumbs to the large bowl. Add all remaining roll ingredients *except* cheese and pepperoni. Thoroughly mix. Evenly form dough mixture into 6 balls (about 1/3 cup each), and place on a dry surface.

Press an indentation into each dough ball, and fill with cheese and chopped pepperoni. Seal dough around filling. Place rolls on the baking sheet, evenly spaced.

Bake until tops are golden brown and insides are cooked through, 10 - 12 minutes.

Meanwhile, in a medium microwave-safe bowl, mix sauce ingredients. Microwave for 30 seconds, or until hot. Serve rolls with sauce for dipping.

MAKES 6 SERVINGS

**HG Tip:** If dough becomes sticky, lightly dust your hands with flour to prevent sticking.

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