

Helergon Kitchen

High Protein Turkey Pizza Rolls

15 min Prep time	**15 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb ground turkey, seasoned
- [ ] 1 package (12 oz) whole-wheat pizza dough
- [ ] 1 cup shredded mozzarella cheese
- [ ] 1/2 cup diced bell peppers
- [ ] 1/4 cup finely chopped onions
- [ ] 2 tbsp olive oil
- [ ] 1 tsp Italian seasoning
- [ ] 1 tsp lemon juice
- [ ] 1 tsp honey
- [ ] Salt and pepper to taste

Instructions

1. Preheat the oven to 425°F (220°C). Meanwhile, lightly flour a surface and roll the dough into a thin rectangle.
2. In a skillet, heat 1 tbsp olive oil over medium heat, add the ground turkey, season with salt, pepper, and Italian seasoning, and cook until just browned, about 5 minutes; stir in lemon juice and honey.
3. Spread the cooked turkey evenly over the rolled-out dough, scatter the bell peppers, onions, and mozzarella cheese.
4. Carefully roll the dough tightly, then cut into 1-inch thick slices using a sharp knife.
5. Place the rolls on a parchment-lined baking sheet, brush the tops with the remaining olive oil mixed with a touch of honey.
6. Bake for 12-15 minutes until the crust is golden and the cheese is bubbly; let cool for 2 minutes before serving.

Nutrition per serving

320 kcal	28 g	30 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a spicier roll, add a pinch of red pepper flakes to the turkey mixture.
- For extra crispness, switch to an air-fryer at 400°F for 10 minutes.
- These rolls reheat well in a toaster oven, keeping the crust crunchy.