

BRAIDED BEEF STROMBOLI

Total preparation and cooking time: 45 to 55 minutes

- 1 pound ground beef (95% lean)
- 1 teaspoon ground cumin
- 3/4 cup chili sauce
- 1/2 cup shredded carrots
- 1/3 cup raisins
- Salt and pepper
- 1 package (13.8 ounces) refrigerated pizza dough

1. Brown ground beef with cumin in large nonstick skillet over medium heat 8 to 10 minutes or until beef is not pink, breaking up into 3/4-inch crumbles. Stir in chili sauce, carrots, raisins, salt and pepper, as desired; cook 2 to 3 minutes or until carrots are crisp-tender and liquid has evaporated, stirring occasionally.
2. Heat oven to 400°F. Spray large baking sheet with cooking spray. Place pizza dough in prepared pan; roll or press dough into 15 x 10-inch rectangle. Spoon filling down center of rectangle, leaving 2-1/2-inch border on long sides and 1/4-inch border on short sides. Cut dough at 1-inch intervals along each long side just to edge of filling. Alternating sides, fold dough strips halfway up over filling at an angle, creating braided appearance. Pinch short sides of dough together to seal and enclose filling.
3. Bake in 400°F oven 12 to 15 minutes or until crust is golden brown. Cut crosswise into 8 slices to serve.

Makes 4 servings.

Cook's Tip: One pound frozen whole wheat or white bread dough, defrosted, may be substituted for refrigerated pizza dough. Roll dough into 15 x 10-inch rectangle on lightly floured surface. If dough springs back, lightly cover and let rest 10 minutes. Transfer dough to prepared baking sheet. Proceed with recipe as directed above, increasing baking time to 15 to 20 minutes.

Nutrition information per serving: 512 calories; 10 g fat (4 g saturated fat; 3 g monounsaturated fat); 76 mg cholesterol; 2230 mg sodium; 76 g carbohydrate; 3.0 g fiber; 33 g protein; 6.5 mg niacin; 0.4 mg vitamin B₆; 2.2 mcg vitamin B₁₂; 6.0 mg iron; 18.0 mcg selenium; 6.1 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc, and a good source of fiber.

Serving Suggestion: Serve with mixed greens tossed with halved or sliced strawberries and kiwi, toasted almonds and a citrus vinaigrette.