

Easy Ham and Cheese Stromboli



Ingredients:

- 1 roll refrigerated store-bought pizza dough (thin crust)
- ¼ cup honey mustard
- 6-8 oz. thinly sliced deli ham
- 1 ½ cups shredded Monterrey Jack cheese
- Garlic powder
- 2 T. parmesan cheese
- Chopped parsley for garnish (optional)

Directions:

1. Preheat oven to 425 degrees F. Spray a cookie sheet with cooking spray.
2. Unroll pizza dough onto cookie sheet, spreading towards the edges and stretching into a large rectangle.
3. Sprinkle garlic powder over the surface of the dough, then spread honey mustard in a thin, even layer.
4. Top with ham and cheese, then roll dough lengthwise folding in sides as you go. Sprinkle top with garlic powder and parmesan cheese, then cut slits on top of the dough to allow heat to escape.
5. Bake in preheated oven for about 15 minutes, until golden brown and cheese is melted. Serve with honey mustard for dipping. Enjoy!

If you are not sure what to make for supper tonight, you are not alone. You may find yourself stressing out over what to make for dinner, or maybe you can't seem to get organized enough to plan meals, or maybe you have a million recipes but are still not sure what to cook. It can take a lot of energy at times to do weekly meal planning, but not planning meals out ahead of time may result in buying more than you should, spending more time in the store than you want, and possibly buying items that have little

nutritional value to them. For some people, that is where a “formula” for meals using theme nights comes in. For example:

- Monday: Italian
- Tuesday: Tacos (or any Mexican dish)
- Wednesday: Slow Cooker
- Thursday: Soup
- Friday: Fish
- Weekends: Whatever Works

Find themes that will work into your budget and your lifestyle. Whatever your formula would be, it should fit you and your cooking style. For every meal, you can brainstorm a side dish. These can be familiar side dishes that you are comfortable with cooking and your family is ready to eat, especially if they are hesitant to trying something new. Dinnertime should be a happy place for your family, and hopefully with a mealtime formula, it will make it easier to decide on what to cook!