

Stuffed Mediterranean Bread

PREP TIME: 10 MINUTES

YIELDS: 1 ROUND LOAF (6-8 SLICES)

COOK TIME: 15-20 MINUTES

Ingredients

- ½ cup fermented vegetables, drained
- ¼ cup bean dip, homemade or packaged
- ¼ cup feta cheese crumbles
- 1 sheet Pillsbury® crescent dough sheet

Qualities

- Texture: Soft
- Rating for Scent : 6/10
- Spice Level: 0/10

Recipe Benefits

- Promotes gut health



Nutrition Content for 1 serving (based on 6)

Calories: 166kcal Carbohydrates: 19.6g

Fat: 7.9g Fiber: 1g

Protein: 4.7g Added sugar: 0g

Sodium: 499.4mg

Directions

1. Preheat oven to 350°F.
2. Remove the fermented vegetables from the jar and place on a paper towel to dry. Pat the vegetables with an additional paper towel to absorb as much moisture as possible.
3. Unroll the crescent dough sheet on a parchment paper covered baking sheet.
4. Line the center of the dough with the dried fermented vegetables, then top with bean dip and feta cheese. Add additional vegetables at this time if desired.
5. Fold the two ends of the dough inwards, then fold the sides of the dough in as well. Roll the dough over once, placing the seam down against the parchment paper.
6. Place in the preheated oven and bake for 15 minutes or until the bread becomes golden brown.
7. Allow to cool for 10 minutes before slicing.



Chef Tips/Adjustments

- The fermented vegetables need to be fully drained and patted dry with a paper towel prior to baking in the dough. If this process is skipped, the dough will become soggy from the fermentation liquid and will not hold together well.
- The dough sheet can be substituted for any other dough, such as pizza dough or a fresh bread recipe. In addition, wraps or sandwich bread can be used in place of the bread.
- Additional vegetables can be added to the recipe, such as raw spinach.