



Savory Breakfast Stromboli Morning Delight

The Sizzle That Started It All

The first time I smelled this stromboli baking, my kitchen turned into a cozy diner. Crispy dough, melted cheese, and smoky bacon filled the air. My stomach growled louder than my old Labrador begging for scraps. **Ever wondered how you could turn breakfast into something this unforgettable?** One bite, and I knew this dish was a keeper. Now it's my go-to for lazy weekends and hungry houseguests.

My Messy First Try

My first stromboli looked more like a pancake than a roll. The dough tore, eggs spilled, and I forgot the egg wash. But the taste? Still magic.

Home cooking isn't about perfection—it's about joy. Even my dog approved, sneaking a fallen bacon crumb. Now I laugh at my early flops. What's your funniest kitchen fail? Share below!

Why It Works

– The runny eggs finish cooking inside, keeping every bite juicy. – Crispy dough meets gooey cheese—a texture match made in heaven. **Which flavor combo surprises you most?** Is it the garlic powder kick or the green onion freshness? Try it and decide.

A Slice of History

Stromboli hails from 1950s Philadelphia, a twist on Italian calzones. *Did you know it's named after a volcanic island?* Just like lava, the cheese inside erupts with flavor. This breakfast version swaps pepperoni for sausage, making it a morning star. Who's ready to take a bite of history?



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Ingredients:

Ingredient	Amount	Notes
Refrigerated pizza dough	1 (13.8-ounce) can	
Large eggs	6	Scrambled
Shredded cheddar cheese	1 ½ cups	
Breakfast sausage	½ pound	Cooked and crumbled
Bacon	½ cup	Cooked and crumbled
Green onions	2	Sliced thin
Large egg	1	Beaten (for egg wash)
Italian seasoning	¼ teaspoon	
Garlic powder	¼ teaspoon	

How to Make Breakfast Stromboli

Step 1

See also Nanas Best Blueberry Muffins Recipe

Preheat your oven to 375°F. Grab a skillet and scramble the eggs until just set. They'll finish cooking in the oven. (Hard-learned tip: Undercook the eggs slightly—they won't dry out.) **Step 2** Roll the pizza dough on parchment paper. Sprinkle cheese on the top half, leaving edges bare. Add eggs, sausage, bacon, and onions. **Step 3** Roll it tight like a cinnamon roll. Seal the ends and seam well. Transfer to a baking sheet with the parchment. **Step 4** Brush the stromboli with egg wash. Sprinkle Italian seasoning and garlic powder. Bake 20-25 minutes until golden. **What's your go-to breakfast protein? Share below! Cook Time:** 25 minutes **Total Time:** 45 minutes **Yield:** 6 servings **Category:** Breakfast, Brunch

3 Fun Twists on Breakfast Stromboli

Veggie Lover Swap sausage and bacon for sautéed mushrooms, spinach, and bell peppers. **Spicy Kick** Add jalapeños and hot sauce to the egg mix. Use pepper jack cheese. **Holiday Special** Fold in diced ham and swap cheddar for Swiss. Top with everything bagel seasoning. **Which twist would you try first? Vote in the comments!**

Serving Your Stromboli Right

Slice it warm with a side of fresh fruit or hash browns. Garnish with extra green onions. Pair with orange juice or a Bloody Mary for brunch. **Which would you choose tonight?**



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Storing and Reheating Your Stromboli

Keep leftover stromboli fresh in the fridge for up to 3 days. Wrap slices in foil or store in airtight containers. To reheat, pop them in a 350°F oven for 10 minutes. This keeps the crust crispy. *Fun fact: My grandkids fight over the last slice every time!*

See also Griddle Breakfast Sandwich Recipes and Ideas

Freeze unbaked stromboli for busy mornings. Wrap tightly in plastic, then foil, and freeze for up to 2 months. Bake straight from frozen—just add 5 extra minutes. Batch-cooking saves time and stress. Why this matters: A hot breakfast shouldn't mean extra work. Ever tried freezing cooked stromboli? Share your tips in the comments!

Fixes for Common Stromboli Struggles

Dough tearing? Roll it gently between parchment paper. Patch holes with spare dough—no one will notice. Runny eggs? Scramble them until just set. They'll finish cooking in the oven. Why this matters: Small tweaks make big differences in flavor and texture. Cheese leaking? Leave a 1-inch border when layering. Pinch seams tightly. Golden crust not happening? Brush extra egg wash for shine. Stromboli too dense? Let dough rest at room temp first. Which fix helped you most? Vote: (A) Dough tips, (B) Egg tricks, (C) Cheese hacks!

Your Stromboli Questions, Answered

Q: Can I make this gluten-free? A: Yes! Use gluten-free pizza dough. Check labels on sausage and seasonings. **Q: How far ahead can I prep this?** A: Assemble the night before. Chill, then bake in the morning. **Q: What cheese swaps work?** A: Try mozzarella for stretch

or pepper jack for spice. **Q: Can I double the recipe?** A: Absolutely. Use two baking sheets to avoid crowding. **Q: No sausage? What else?** A: Diced ham or sautéed mushrooms work great.

Let's See Your Creations!

Nothing beats sharing food joy. Tag @SavoryDiscovery on Pinterest with your stromboli twists. I'll feature my favorites next month. Happy cooking! —Elowen Thorn.

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Savory Breakfast Stromboli Morning Delight

Author: Elowen Thorn



Cooking Method: [Baking](#)



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Difficulty: **Beginner**



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Prep time: **20 minutes**



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Cook time: **25 minutes**



Rest time:



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Total time: **45 minutes**



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Servings: **6 servings**



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Calories: **kcal**

Best Season: **Summer**

Description

A delicious and hearty breakfast stromboli packed with eggs, cheese,

sausage, and bacon.

See also Savory Breakfast Casserole with Potatoes

Ingredients

- □1 (13.8-ounce) can refrigerated pizza dough
- □6 large eggs
- □1 ½ cups shredded cheddar cheese
- □½ pound breakfast sausage, cooked and crumbled
- □½ cup bacon, cooked and crumbled
- □2 green onions, sliced thin
- □1 large egg, beaten
- □¼ teaspoon Italian seasoning
- □¼ teaspoon garlic powder

Instructions

1. Preheat the oven to 375 degrees Fahrenheit.
2. Scramble 6 large eggs in a large skillet until they are mostly cooked but still a bit runny.
3. Roll 1 (13.8-ounce) can refrigerated pizza dough out and stretch it on a piece of parchment paper. Spread 1 ½ cups shredded cheddar cheese evenly in the top half of the dough, leaving just about an inch empty on either end.
4. Top the cheese with the scrambled eggs, ½ pound breakfast sausage, ½ cup bacon, and 2 green onions.
5. Roll up the dough tightly like a cinnamon roll and pinch the ends and the seam together well. Transfer the parchment to a baking sheet.
6. In a small bowl, use a fork to combine 1 large egg and a tablespoon or two of water to make an egg wash. Flip the dough over so it is

seam-side down in the center of the baking sheet, and brush the egg wash over the top of it.

7. Sprinkle the top with $\frac{1}{4}$ teaspoon Italian seasoning and $\frac{1}{4}$ teaspoon garlic powder. Bake for 20-25 minutes or until golden brown on top. Serve immediately.

Keywords: Stromboli, Breakfast, Sausage, Bacon, Cheese