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# VEGGIE FLATBREAD PIZZA

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(Nut-Free, Egg-Free, Vegetarian)

**Yield:** 4 servings    **Total time:** 20 minutes

## Ingredients

- 4 whole-grain flatbreads
- 1 cup shredded low-fat mozzarella cheese OR dairy-free mozzarella
- 1 cup store-bought marinara sauce OR pesto sauce
- 1/2 red onion, sliced
- 1 cup mushrooms, sliced
- 1 cup spinach, chopped
- 1/2 cup artichoke hearts, chopped
- 1 tbsp olive oil
- 1/2 tsp black pepper, basil, paprika &/OR garlic powder
- Fresh herbs optional (basil, parsley, oregano)

## Directions

- Preheat oven to 350°F.
- Prep ingredients: Wash mushrooms in a colander, pat dry with a paper towel and slice on your cutting board. Then, slice red onion and chop fresh spinach. With a can opener open canned artichoke hearts and drain in a colander, pat dry and chop into 1-inch pieces.
- In a small skillet, heat olive oil over medium heat. Add in the chopped mushrooms, onions, artichokes, spinach and season with black pepper, basil, paprika and garlic powder. Sauté for 3-5 minutes until vegetables begin to soften.
- Spread 2 tbsp of marinara sauce OR pesto on each flatbread.
- Divide the sauté veggie mixture among the 4 flatbreads. Then top with cheese.
- Place the flatbreads on a baking sheet and bake for 10-12 minutes until the cheese is melted. Remove from oven and top with fresh herbs.



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## Grocery List

- Whole-grain flatbread
- Shredded cheese
- Marinara sauce
- Onion
- Mushrooms
- Spinach
- Artichoke
- Olive oil
- Seasonings
- Fresh herbs

## Kitchen Equipment

- Baking sheet
- Colander
- Can opener
- Measuring cups & spoons
- Cutting board
- Chefs knife
- Skillet
- Spatula

Per serving: Calories 474; Total Fat 16g; Saturated Fat 4g; Sodium 800mg;  
Total Carbohydrates 60g; Fiber 10g; Protein 16g

### Ingredient tip

- Flatbread is an unleavened bread similar to a pita without a pocket. If you can't find flatbread at your local store, substitute with a whole-grain pita, naan bread or tortilla.
- Can make this recipe gluten-free by substituting bread for a GF option.
- May substitute or add toppings, like: bell peppers, sliced tomatoes, olives, broccoli or cauliflower florets, kale, zucchini, or squash.

### Nutrition Information

- By using whole-grain flatbread as the base for homemade pizzas you are adding more nutrient dense ingredients with fewer calories. Whole grain breads are loaded with fiber and other essential nutrients. Fiber aids in gut and immune health, managing blood sugars and may reduce risk of heart disease. It also helps satisfy your hunger making you feel fuller longer.
- Vegetable toppings provide fewer calories and less fat than meat. All vegetables contain fiber and nutrients that promote better health.
- Low-fat cheese options allows you to reduce fat and calorie intake.

### Notes