

BURSTING TOMATO FLATBREAD *with* SPINACH & MOZZARELLA

INGREDIENTS

- 1 pint cherry tomatoes
- 2 medium cloves garlic, minced
- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons minced fresh basil (2 teaspoons dry)
- 2 tablespoons minced fresh oregano (2 teaspoons dry)
- 1/2 tablespoon unsalted butter
- 2 cups firmly packed baby spinach
- 2 medium naan flatbreads
- 4 oz fresh mozzarella cheese, cut into small pieces
- 2 tablespoons grated Parmesan cheese
- Balsamic glaze and extra basil + oregano for topping, *optional*



DIRECTIONS

1. Preheat oven to 400°. Combine cherry tomatoes, garlic, and olive oil in a 9x9 square baking dish and toss to evenly coat. Season tomatoes with salt and pepper.
2. Roast tomatoes for 25-30 minutes until tomatoes are softened and bursting. Remove tomatoes from oven.
3. Toss minced basil, and oregano into tomatoes. Set aside.
4. Keep oven on at 400° and place a pizza stone in oven to heat. (If you don't have a pizza stone, instead line a large baking sheet with parchment paper and set aside on counter)
5. In a medium nonstick pan over medium-high heat, melt butter. Add spinach and sauté 3-4 minutes until spinach is wilted. Remove spinach from heat and toss into cherry tomato mixture.
6. Top flatbreads with tomato-spinach mixture. If using pizza stone, use a peel to slide flatbreads onto stone in oven. If using baking sheet, transfer flatbreads to baking sheet.
7. Bake flatbreads for 8 minutes, then remove from oven and top with torn mozzarella cheese and Parmesan cheese. Return flatbreads to oven for an additional 4-6 minutes until cheese begins to melt slightly.
8. Remove flatbreads from oven and allow to cool 5 minutes. Top flatbreads with a few drizzles of balsamic glaze and additional herbs then slice into wedges.

VARIATIONS & TIPS

- Flatbread is best if served immediately after it is made, but can be stored sealed in refrigerator up to 4 days. Reheat flatbread in 400° oven 8-10 minutes.
- You can buy premade whole grain flat bread or naan bread from the store that work well for this recipe!

NUTRITION FACTS

Calories: 302 cal, Carbohydrates: 31g, Fiber: 4.2g, Sugar: 4.1g (0g added sugar), Protein: 14.5g, Fat: 13.7g, Saturated fat: 6.2g, Cholesterol: 25mg, Sodium: 494mg
(analysis does not include balsamic glaze. Includes whole wheat naan for flatbread and part-skim mozzarella)

YIELD: 4 servings

SOURCE: Adapted from wholeandheavenlyoven.com



MOUNT CARMEL
Healthy Living Center

Presented at the Mount Carmel von Zychlin Healthy Living Center
Monthly Cooking Demo September 2023