



# Healthy Heart Café Signature Flatbread



## Vegetable Ingredients:

- 1 lb Mushrooms, Fresh, Sliced
- 8 oz Asparagus, Fresh, Cuts and Tips
- 8 oz Zucchini, Fresh, Cut into Thin 1/2 Moons
- 8 oz Yellow Squash, Cut into Thin 1/2 Moons
- 8 oz Red Onion, Small Diced
- 6 Tbsp Extra Virgin Olive Oil
- 1 tsp White Pepper, Ground
- 1 Tbsp Italian Seasoning

## Directions:

Cut all vegetables and place in a large bowl. Add olive oil, Italian Seasoning, salt and white pepper, and toss to mix. Place on sheet tray and roast in oven set to 425 degrees for 8-10 minutes. Cook until vegetables are lightly caramelized. Put to the side and let cool. When cooled, top each piece of flatbread with 6 oz. of the cooked and cooled vegetables, then cut in 1/2 to make 2 servings. Each serving gets 3 oz. of the vegetables.

**Servings:** 16 (bulk recipe)

## Flatbread Ingredients:

- 1 piece Rustic Flatbread
- 6 oz Roasted Vegetable Mix (see recipe)
- 1 Tbsp Roasted Red Pepper Pesto
- ½ oz Shredded Parmesan Cheese, sprinkled on top
- 1 oz Arugula Lettuce
- 2 tsp Balsamic Glaze

## Directions:

To assemble flat bread for 2 servings: Place 1 piece (12" X 5") flatbread on baking surface. Spread with 1 Tbsp. roasted red pepper pesto. Keep a ¼ inch border without pesto all the way around flatbread. Place 6 oz. vegetables in the center of bread and spread out evenly.

Sprinkle top with .5 oz. shredded parmesan per flatbread and bake in oven. Set oven to 400 degrees and cook for 10 minutes until vegetables are lightly caramelized and parmesan cheese is lightly browned.

Top with 1 oz. arugula lettuce per flat bread and zig zag top with 2 tsp of balsamic glaze. Cut flatbread in ½ to make 2 servings and serve.

**Servings:** 2

Nutrition Facts	
Serving Size: ½ a Flatbread (186g)	
Amount Per Serving	
Calories 310	Cal. from Fat 110
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 3g	15%
Trans Fats 0g	
Cholesterol less than 5mg	2%
Sodium 450mg	20%
Total Carbohydrate 38g	15%
Dietary Fiber 3g	15%
Sugars 6g	
Protein 10g	
Vitamin A 0%	Vitamin C 4%
Calcium 2%	Iron 0%

\*Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

