

Grilled Vegetable Flatbread



Ingredients:

¼ cup all-purpose flour	1 cup of cherry tomatoes, cut in half lengthwise
9 ounces pizza dough, homemade or store-bought	1 teaspoon salt
2 tablespoons extra virgin olive oil	1 teaspoon black pepper
1 red onion, julienned 1 garlic clove, minced	4 ounces soft goat cheese (optional)
1 bunch of asparagus, ends removed, cut into 1 inch pieces	4 ounces fresh arugula
	1 tablespoon balsamic vinegar

Preparation:

1. Spread flour over a clean work surface. Roll out dough into a rectangle ¼ inch thick.
2. Brush each side of dough with the olive oil, reserve 1 tablespoon.
3. Carefully place dough on a hot grill. Let cook for 2-3 minutes, carefully flip the dough and cook for another 2 minutes. Remove dough to a sheet tray and allow to cool.
4. In a small bowl, toss onions, garlic, asparagus, and tomatoes with the remaining olive oil, salt and pepper.
5. Spoon mixture over the flatbread from edge to edge.
6. (Optional) Divide goat cheese evenly around the flatbread.
7. On a baking sheet, bake the flatbread in a 375 degree oven for 7-9 minutes.
8. Remove from oven, garnish with fresh arugula and balsamic vinegar.
9. Cut into squares, roughly 4 inches and serve.

Yields 4 Portions

Recipe provided by Renee Pieroth, RD, CSO, LDN, on behalf of the ON-DPG.

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