



simply healthy

from your Hannaford Dietitian

Grilled Flatbread with Hommus & Mixed Veggies

Serves: 4

Ingredients:

1 Tbsp. olive oil
1/4 tsp. McCormick® Garlic Powder
1 sweet onion, thinly sliced
8 large mushrooms, thinly sliced
1 cup Fresh Express® Baby Spinach
4 Indian flatbreads (naan) or pocket-less pita
1 cup Cedar's® Hommus
4 tsp. grated Parmesan cheese
1 cup shredded part-skim mozzarella cheese
2 tsp. McCormick® Oregano
McCormick® Red Pepper flakes (optional)
2 Tbsp. balsamic vinegar



Directions:

1. Heat oil in skillet over medium heat.
2. Add garlic, onion, and mushrooms. Cook, stirring frequently, for about 8 minutes or until veggies are soft.
3. Remove from heat and stir in spinach. Set aside. (To grill the veggies, toss the onion and mushrooms with the oil and grill in a grill basket over medium heat until they start to soften. Place in a bowl and add the garlic and spinach.)
4. Place flatbread on grill over low heat and grill for a couple of minutes or until lightly browned.
5. Place all four flatbreads on baking sheet with grilled side up.
6. Spread surface of flatbreads with hommus (just like you would sauce for a pizza).
7. Sprinkle Parmesan cheese on top of hommus and top with veggies then mozzarella cheese.
8. Sprinkle with oregano and red pepper flakes.
9. Return to grill over indirect low heat until cheese is melted. Alternatively, the flatbreads can be baked in a 400°F oven for about 5 minutes or until cheese is melted.
10. Drizzle with balsamic vinegar.

Nutritional Information

Amount per serving: Calories 350; Total Fat 16 g; Saturated Fat 5 g; Sodium 575 mg; Carbohydrate 43 g; Fiber 5 g; Protein 16 g; Calcium 300 mg

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