

HEALTHY COOKING CLASS

Warrior Health & Fitness Program



COMMUNITY HEALTH
& WELLNESS

Triple Tomato Flatbread

Makes 4 pieces, Prep/Total Time: 20 mins

Celebrate the fresh flavors of summer with this nutritious flatbread. This recipe comes together quickly and easily with premade pizza dough so it's the perfect weeknight dinner. This pizza flatbread doesn't require a heavy sauce, or much of a sauce at all. The whole family will love this flavorful summer tomato flatbread!



Ingredients

- ½ tube (7 ounces) refrigerated pizza crust
- Cooking spray
- 1-2 Plum tomatoes, finely chopped (~1 cup)
- ¼ cup soft sun-dried tomato halves (not packed in oil, julienned)
- 2 Tablespoons olive oil
- 1 Tablespoon dried basil
- ¼ teaspoon salt and pepper mix
- ½ cup shredded Asiago cheese
- 1 cup yellow and/or red cherry tomatoes, halved

Directions

1. Preheat oven to 425°.
2. Unroll and press dough onto bottom of a 7x5x0.5-in. baking pan coated with cooking spray.
3. In a large bowl, toss plum tomatoes and sun-dried tomatoes with oil and seasonings.
4. Bake 6-8 minutes or until lightly browned.
5. Remove from oven. Spoon plum tomato mixture over crust; top with cheese and cherry tomatoes.
6. Return flatbread to the oven and bake 8-10 minutes longer or until crust is golden and cheese is melted

NUTRITION FACTS: 1 piece: 235 calories, 9g fat (3g saturated fat), 12mg cholesterol, 476mg sodium, 29g carbohydrate (7g sugars, 3g fiber), 8g protein. Diabetic Exchanges: 1-1/2 starch, 1-1/2 fat, 1 vegetable.

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