



Summer Pizza

Shine 365
Marshfield Clinic

PREP TIME: 45 minutes • **COOK TIME:** 15 minutes • **SERVINGS:** 1 flatbread = 1 serving; Recipe makes 3 servings

INGREDIENTS

- 1 pint grape tomatoes – sliced
- 3 pieces of light, whole grain flatbread
(Example: Joseph’s Multigrain Flatbread)
- 1-3 cloves minced garlic
- 2 tablespoons olive oil
- 1-1/2 cups or 1 bunch fresh basil leaves, stems removed
- 8 ounces fresh mozzarella (Example: BelGioioso)
- Parmesan (if desired)
- Italian seasoning and fennel

Note: Buy canned pizza sauce or tomato sauce for shorter prep time. This produces more of a traditional-style pizza than using sliced tomatoes.

INSTRUCTIONS

Preheat oven to 400°F. If you like a crispier crust, bake your flatbread for a few minutes before placing toppings. Press or mince garlic and mix it with olive oil.

Lay out the flatbread on baking sheets and brush on garlic and olive oil. Sprinkle with Italian seasoning and fennel. Spread basil on flatbreads. Be generous; it shrinks a lot. Save some fresh basil to sprinkle on top when cooked.

If using a ball of fresh mozzarella, cut in quarters, then cut into relatively thin slices. Spread on top of the basil. Leave spaces between cheese slices. This allows the crust to get crispier. Add tomato slices on the very top.

Bake until cheese melts and bubbles and the crust is golden brown and crisp, between 10-20 minutes.

Note: The reason for using thinly-sliced grape tomatoes is that some of the water evaporates off while baking. Thinner slices prevent your crust from becoming soggy. If you are using other tomatoes, or thicker slices, we recommend roasting them first. Drizzle them with olive oil and bake cut-side up at 300°F for 1-2 hours, stirring occasionally until they are no longer so juicy.

NUTRITION INFORMATION

Each flatbread pizza contains: 400 calories; 24g protein; 26g fat; 7g fiber; 23g carbohydrate; 4g sugar; 580mg sodium.