

Garden Fresh Flatbread

Entrée



THE OHIO STATE
UNIVERSITY
WEXNER MEDICAL CENTER

Serves: 3

Items Needed: Oven, sheet tray, knife

Ingredients:

- 1 high fiber flatbread
- 2 wedges of laughing cow cheese
- ¾ cup fuji apple slices, thinly sliced
- ¼ cup shredded mozzarella cheese
- ¼ cup baby arugula
- 2 tsp balsamic glaze

Directions:

1. Preheat Oven to 400 degrees.
2. Lay flatbread on baking sheet and spread with cheese wedges evenly on top with apples, and sprinkly mozzarella on top.
3. Bake for 7-10 minutes or until the cheese has begun to melt and turn golden.
4. Once out of the oven, top the flatbread with fresh arugula, and drizzle with the balsamic glaze.
5. Cut into 6 slices and enjoy.

Nutrition Information (per 1/3 recipe, approx. 2 slices):

Calories: 130 Fat: 5 g Carbs: 13 g Protein: 10 g Fiber: 0 g Sodium: 320mg