



# PESTO FLATBREAD (AKA POSH PIZZA)

with Zucchini, Baby Broccoli, and Sun-Dried Tomato

PREP: 10 MIN  
TOTAL: 30 MIN

LEVEL 1

NUT FREE

VEGGIE



## INGREDIENTS:

- Baby Broccoli
- Zucchini
- Garlic
- Mozzarella Cheese (Contains: Milk)
- Sun-Dried Tomatoes
- Flatbread (Contains: Wheat)
- Pesto (Contains: Milk)

## FOR 2 PEOPLE:

6 oz  
1  
2 Cloves  
4 oz  
1½ oz  
2  
2 oz

## FOR 4 PEOPLE:

12 oz  
2  
4 Cloves  
8 oz  
3 oz  
4  
4 oz

## HELLO SUN-DRIED TOMATOES

Sweet with a satisfyingly intense flavor

## NUTRITION PER SERVING

670 cal | Fat: 37 g | Sat. Fat: 11 g | Protein: 29 g | Carbs: 65 g | Sugar: 14 g | Sodium: 1194 mg | Fiber: 7 g

## START STRONG

To get the most nutritional bang for your buck, let the garlic sit 5-10 minutes after mincing but before cooking. This allows the beneficial compound allicin to form.



## BUST OUT

- Large pan
- Baking sheet
- Olive oil (1 TBSP | 2 TBSP)

### 1 PREHEAT AND PREP

#### Wash and dry all produce.

Preheat oven to 450 degrees. Trim and discard bottom inch of **baby broccoli**. Chop into bite-sized pieces. Halve **zucchini** lengthwise, then slice into thin half-moons. Mince **garlic**.

### 2 COOK VEGGIES

Heat a large drizzle of **olive oil** in a large pan over high heat. Add **zucchini** and baby **broccoli**. Cook until crisp-tender and starting to brown, about 5-7 minutes. Season with **salt** and **pepper**. Add **garlic** and cook until fragrant, about 30 seconds.

### 3 PREP REMAINING INGREDIENTS

Thinly slice or tear **mozzarella** into small pieces. Finely chop **sun-dried tomatoes**.



### 4 ASSEMBLE FLATBREAD

Place **flatbread** on a lightly oiled baking sheet. Spread each **flatbread** with **pesto**. Top with **mozzarella**, **baby broccoli**, **zucchini**, and **sun-dried tomatoes**.

### 5 BAKE FLATBREAD

Bake **flatbread** until **cheese** is melted and starting to brown, about 5-7 minutes.

### 6 FINISH AND SERVE

Remove **flatbread** from oven and cut into slices.

## SUCCESS!

Who knew eating your greens could taste this good?

