



# YELLOW SQUASH FLATBREADS

with Melty Mozzarella and Pine Nuts

PREP: 10 MIN  
TOTAL: 30 MIN

LEVEL 1

VEGGIE



## HELLO

### HOT HONEY

Just add chili flakes  
to turn up the heat

#### INGREDIENTS:

- Yellow Squash
- Scallions
- Lemon
- Grape Tomatoes
- Pine Nuts (Contains: Tree Nuts)
- Flatbreads (Contains: Wheat)
- Fresh Mozzarella (Contains: Milk)
- Mixed Greens
- Basil
- Chili Flakes 🌶️
- Honey

#### FOR 2 PEOPLE:

1  
2  
1  
4 oz  
1 oz  
2  
4 oz  
3 oz  
½ oz  
1 tsp  
2 tsp

#### FOR 4 PEOPLE:

2  
4  
2  
8 oz  
2 oz  
4  
8 oz  
6 oz  
½ oz  
1 tsp  
4 tsp

#### NUTRITION PER SERVING

616 cal | Fat: 31 g | Sat. Fat: 10 g | Protein: 24 g | Carbs: 70 g | Sugar: 13 g | Sodium: 633 mg | Fiber: 8 g

## START STRONG

**Toasting the pine nuts brings out some of their best flavors.**

Just make sure to watch the pan vigilantly as they brown—they can easily burn.



## BUST OUT

- Large pan
- Medium bowl
- Olive oil (2 tsp | 4 tsp)
- Baking sheet



### 1 PREHEAT AND PREP

**Wash and dry all produce.**

Preheat oven to 450 degrees. Halve **squash** lengthwise, then thinly slice crosswise into half-moons. Thinly slice **scallions**. Halve **lemon**. Halve **tomatoes** lengthwise.

### 2 TOAST PINE NUTS

Heat a large pan over medium heat. Add **pine nuts** and cook until golden brown and fragrant, 3-4 minutes, tossing frequently. (**TIP:** If nuts seem like they might burn, remove pan from heat for a few seconds.) Remove nuts from pan and set aside.

### 3 COOK SCALLIONS AND SQUASH

Heat a drizzle of **olive oil** in same pan over medium-high heat. Add **scallions** and cook until fragrant, 30 seconds. Add **squash** to pan and cook until soft and lightly browned, 5-6 minutes, tossing. Season with **salt** and **pepper**.



### 4 BAKE FLATBREADS

Place **flatbreads** on a baking sheet. Tear **mozzarella cheese** into small pieces and scatter over flatbreads. Top with **squash mixture**. Bake until cheese is melted and flatbreads are turning golden brown, 10 minutes.

### 5 MAKE SALAD

Meanwhile, toss **mixed greens** and **tomatoes** with a squeeze of **lemon** and a drizzle of **olive oil** in a medium bowl. Season with **salt** and **pepper**.

### 6 FINISH AND SERVE

Tear leaves from **basil** and scatter over **flatbreads**. Finish with **pine nuts**, a pinch of **chili flakes** (to taste) and a drizzle of **honey**. Cut flatbreads into slices and serve with **salad** on the side.

## OUTSTANDING!

This one really squashes pizza delivery.

