



# HARVEST FLATBREAD

with Butternut Squash, Apples,  
and Sage

PREP: 5 MIN  
TOTAL: 30 MIN

LEVEL 1

NUT  
FREE

VEGGIE




## HELLO SAGE

Earthy, savory, deep,  
perfect for fall



### INGREDIENTS:

- Red Onion
- Sage
- Butternut Squash
- Chili Powder 
- Flatbreads (Contains: Wheat)
- Granny Smith Apple
- Cheddar Cheese (Contains: Milk)
- Honey
- Olive Oil

### FOR 2 PEOPLE:

1  
¼ oz  
8 oz  
1 tsp  
2  
1  
1 Cup  
1 TBSP  
1 TBSP

### FOR 4 PEOPLE:

2  
¼ oz  
16 oz  
2 tsp  
4  
2  
2 Cups  
2 TBSP  
2 TBSP

### NUTRITION PER SERVING

634 cal | Fat: 28 g | Sat. Fat: 11 g | Protein: 22 g | Carbs: 80 g | Sugar: 23 g | Sodium: 753 mg | Fiber: 8 g

## START STRONG

The thinner you slice the onions, the faster they'll caramelize. But if you notice some burning, simply add a splash of water. And don't worry if a few get extra crispy—it happens to the best of us (plus, it means extra crunch!).



### 1 PREHEAT AND PREP

Wash and dry all produce.

Preheat oven to 425°. Peel, halve, and thinly slice onion. Finely chop sage leaves.

### 2 ROAST THE SQUASH

Toss butternut squash

on a baking sheet with a drizzle of olive oil, the chili powder, and a pinch of salt and pepper. Bake 10-12 minutes. Toss, then continue to roast until golden brown, another 10-12 minutes.

### 3 CAMELIZE THE ONION

Heat a drizzle of olive oil in a large pan over medium heat. Add onion and half the sage. Toss until softened, 4-5 minutes. Add ½ cup water and cook until jammy, another 10-15 minutes.



### 4 TOAST THE FLATBREADS

Place flatbreads on a lightly oiled baking sheet, and bake until beginning to brown on edges, 5-7 minutes.



### 5 TOP THE FLATBREADS

Core and thinly slice apple.

Top flatbreads with Cheddar cheese, roasted butternut squash, caramelized onions, and apple slices.



### 6 BAKE AND SERVE

Sprinkle with remaining sage, then drizzle with 1 Tablespoon honey. Bake until cheese has melted, 5-7 minutes. Cut into slices and enjoy!

## SUCCESS!

Apples, squash, and sage are an autumnal trifecta!

