



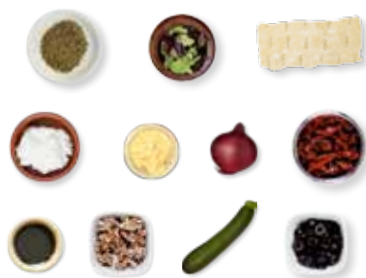
# ZUCCHINI FLATBREADS

with Balsamic Onions, Olives,  
and Walnuts

PREP: 10 MIN  
TOTAL: 30 MIN

LEVEL 2

VEGGIE



## HELLO

### BALSAMIC ONIONS

Soft, sweet, and succulent  
with a vinegary kick

#### INGREDIENTS:

- Red Onion
- Zucchini
- Black Olives
- Sun-Dried Tomatoes
- Balsamic Vinegar
- Dried Thyme
- Ricotta Cheese (Contains: Milk)
- Flatbreads (Contains: Wheat)
- Walnuts (Contains: Tree Nuts)
- Dijon Mustard
- Mixed Greens

#### FOR 2 PEOPLE:

- 1
- 1
- 1 oz
- 1½ oz
- 2 TBSP
- 1 tsp
- 4 oz
- 2
- 1 oz
- 1 tsp
- 3 oz

#### FOR 4 PEOPLE:

- 2
- 2
- 2 oz
- 3 oz
- 2 TBSP
- 2 tsp
- 8 oz
- 4
- 2 oz
- 2 tsp
- 6 oz

#### NUTRITION PER SERVING

2 person 582 cal | Fat: 27 g | Sat. Fat: 4 g | Protein: 24 g | Carbs: 67 g | Sugar: 18 g | Sodium: 995 mg | Fiber: 7 g  
4 person 566 cal | Fat: 26 g | Sat. Fat: 4 g | Protein: 24 g | Carbs: 66 g | Sugar: 17 g | Sodium: 994 mg | Fiber: 7 g

## START STRONG

If you're not terribly crazy about a strong onion flavor, try slicing your onions from root to stem end rather than across the grain. That way, they'll release less of their oniony juices and have a milder taste.



## BUST OUT

- Peeler
- Small bowl
- Large bowl
- Olive oil (1 TBSP | 5 tsp)
- Medium pan
- Baking sheet
- Whisk



### 1 PREHEAT AND PREP

Wash and dry all produce.

Preheat oven to 450 degrees. Halve, peel, and thinly slice **red onion**. Trim ends from **zucchini**, then peel on all sides into ribbons with a vegetable peeler, stopping before you reach seedy core. Discard core. Slice **olives** into rounds. Thinly slice **sun-dried tomatoes**.

### 2 CARMELIZE ONIONS

Heat a drizzle of **olive oil** in a medium pan over medium-high heat. Add **onion** and **1 TBSP balsamic vinegar**. Cook until caramelized, 3-5 minutes, stirring occasionally. Remove from heat.

### 3 MAKE RICOTTA SAUCE

Stir **thyme** into **ricotta** in a small bowl. Season generously with **salt** and **pepper**.



### 4 ASSEMBLE FLATBREADS

Place **flatbreads** on a lightly oiled baking sheet. Spread **ricotta sauce** on each flatbread in a thin layer. Top with **zucchini, olives, sun-dried tomatoes, caramelized onions, and walnuts**. Bake until zucchini is crisp and flatbreads are lightly browned, 10-12 minutes.

### 5 PREP SALAD

Combine **1 tsp Dijon mustard** and **1 TBSP balsamic vinegar** in a large bowl. Whisk in a drizzle of **olive oil** and season with **salt** and **pepper**. Add **mixed greens** and toss to combine.

### 6 FINISH AND PLATE

Slice **flatbreads** into quarters. Serve with salad.

## PICTURE PERFECT!

Try out the peeler-ribbon technique on squashes and root veggies.