

### Ingredients:

- 3 cups flour
- 1 teaspoon table salt
- 1 cup warm water
- 3 tablespoons olive oil
- cornmeal for dusting

### Directions:

1. Preheat oven to 500 °F.
2. Add flour and salt to a food processor and pulse until well mixed.
3. Add water and oil.
4. Pulse until a dough ball forms – about 1 minute, scraping down sides of bowl as needed.
5. Transfer dough to a lightly floured surface and knead dough until the surface of the dough is smooth.
6. Divide dough into 2 equal balls.
7. Use a rolling pin to roll each dough ball into a long oval to desired thickness. Thinner is better.
8. Dust two quarter-sized baking sheets with cornmeal and place flatbread crust on each.
9. Poke the surface of the flatbread with a fork.
10. Par-bake flatbreads for 5-8 minutes or until the edges of the flatbread are turning golden brown and nearly cooked through.
11. Use in your favorite flatbread recipe.

*Add/adjust toppings according to your family's tastes just keep the ratios about the same: ¼ cup of sauce, 4 ounces of cheese and a cup or so of veggies is the sweet spot for introducing plenty of flavors but making sure that the flatbread doesn't get soggy.*

Source: Midwest Foodie

**Ingredients:**

- 2 par-baked flatbread crusts
- 2 tablespoons olive oil
- ½ cup spinach pesto (see below)
- 8 ounces mozzarella cheese
- 1 cup halved grape tomatoes
- ½ cup thinly sliced red onion
- 2 ounces sliced black olives
- 1 cup quartered artichoke hearts
- ½ cup crumbled feta
- 1 teaspoon oregano
- Kosher salt
- fresh chopped parsley
- fresh arugula leaves

**Spinach Pesto:**

- 2 cups loosely packed fresh spinach leaves
- 2 cloves garlic
- 1/2 cup toasted walnuts
- 1/2 cup shredded Parmesan
- 3/4 - 1 cup olive oil
- Kosher salt to taste

**Preparation:**

1. Preheat oven to 400°F.
2. Brush crust with olive oil.
3. Divide pesto between crusts, spread in an even layer.
4. Divide shredded cheese between crust.
5. Top with tomatoes, onion, black olives, artichoke hearts, feta, and oregano along with a pinch of kosher salt.
6. Bake for 5-10 minutes until veggies are tender and cheese is melted.
7. Garnish with fresh chopped parsley and arugula.

## *Pear & Gorgonzola Flatbread*

### **Ingredients:**

- 2 par-baked flatbreads
- 2 tablespoons olive oil
- 1 small red onion, sliced
- 1 medium pear, thinly sliced
- 1/4 cup crumbled gorgonzola
- 1/4 cup chopped walnuts
- 1 cup arugula

### **Balsamic Glaze:**

- 1 cup balsamic vinegar
- 1/4 cup brown sugar or coconut sugar

### **Preparation:**

1. Preheat oven to 400°F.
2. Start making the balsamic glaze: In a small saucepan bring vinegar and sugar to a boil; reduce to simmer and stir frequently until mixture has reduced by half. Mixture is done when glaze coats back of spoon. Remove from heat and let cool.
3. Meanwhile, heat medium skillet over medium heat and add oil to pan once hot. Add thinly sliced onions, stirring frequently until translucent and fragrant. Add thinly sliced pears to the skillet to soften just slightly – about 2 minutes.
4. Place onions and pear slices on flatbread, add crumbled gorgonzola and chopped walnuts.
5. Bake pizza at 400°F for 10 minutes.
6. Top with arugula and finish with balsamic glaze.

## *BBQ Chicken*

## *Flatbread*

### **Ingredients:**

- 2 medium par-baked flat breads
- ½ teaspoon garlic powder
- ¼ teaspoon chili powder
- salt and pepper to taste
- 2 chicken breasts pounded to ½ inch thickness
- 1 tablespoon olive oil
- ½ cup sweet chipotle BBQ sauce
- ½ cup hickory BBQ sauce
- 1 cup shredded Mexican blend cheese
- ¼ cup thinly sliced red onion
- ¼ cup cilantro roughly chopped
- 3-4 diced canned jalapenos, if desired

### **Preparation:**

1. Preheat oven to 400°F.
2. Season chicken breasts on both sides with garlic powder, chili powder, salt, and pepper. Add olive oil to pan and cook over medium heat 5-6 minutes on each side until cooked through and juices run clear. Remove from heat and chop chicken into bite size pieces.
3. In a small bowl whisk together BBQ sauces. Spread sauce over flat breads.
4. Sprinkle with cheese and then with onions. Top with chicken and finish by sprinkling the jalapenos over the whole pizza.
5. Bake 10-12 minutes until cheese is melted and starts to brown slightly.
6. Sprinkle with chopped cilantro.

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- 3 cups flour
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- 1 cup warm water
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*Add/adjust toppings according to your family's tastes just keep the ratios about the same: ¼ cup of sauce, 4 ounces of cheese and a cup or so of veggies is the sweet spot for introducing plenty of flavors but making sure that the flatbread doesn't get soggy.*

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- ½ cup crumbled feta
- 1 teaspoon oregano
- Kosher salt
- fresh chopped parsley
- fresh arugula leaves

**Spinach Pesto:**

- 2 cups loosely packed fresh spinach leaves
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- ¼ cup cilantro roughly chopped
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- Kosher salt
- fresh chopped parsley
- fresh arugula leaves

**Spinach Pesto:**

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- 1 cup shredded Mexican blend cheese
- ¼ cup thinly sliced red onion
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- ½ cup crumbled feta
- 1 teaspoon oregano
- Kosher salt
- fresh chopped parsley
- fresh arugula leaves

**Spinach Pesto:**

- 2 cups loosely packed fresh spinach leaves
- 2 cloves garlic
- 1/2 cup toasted walnuts
- 1/2 cup shredded Parmesan
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- fresh chopped parsley
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**Spinach Pesto:**

- 2 cups loosely packed fresh spinach leaves
- 2 cloves garlic
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**Preparation:**

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- 1 medium pear, thinly sliced
- 1/4 cup crumbled gorgonzola
- 1/4 cup chopped walnuts
- 1 cup arugula

### **Balsamic Glaze:**

- 1 cup balsamic vinegar
- 1/4 cup brown sugar or coconut sugar

### **Preparation:**

1. Preheat oven to 400°F.
2. Start making the balsamic glaze: In a small saucepan bring vinegar and sugar to a boil; reduce to simmer and stir frequently until mixture has reduced by half. Mixture is done when glaze coats back of spoon. Remove from heat and let cool.
3. Meanwhile, heat medium skillet over medium heat and add oil to pan once hot. Add thinly sliced onions, stirring frequently until translucent and fragrant. Add thinly sliced pears to the skillet to soften just slightly – about 2 minutes.
4. Place onions and pear slices on flatbread, add crumbled gorgonzola and chopped walnuts.
5. Bake pizza at 400°F for 10 minutes.
6. Top with arugula and finish with balsamic glaze.

## *BBQ Chicken Flatbread*

### **Ingredients:**

- 2 medium par-baked flat breads
- ½ teaspoon garlic powder
- ¼ teaspoon chili powder
- salt and pepper to taste
- 2 chicken breasts pounded to ½ inch thickness
- 1 tablespoon olive oil
- ½ cup sweet chipotle BBQ sauce
- ½ cup hickory BBQ sauce
- 1 cup shredded Mexican blend cheese
- ¼ cup thinly sliced red onion
- ¼ cup cilantro roughly chopped
- 3-4 diced canned jalapenos, if desired

### **Preparation:**

1. Preheat oven to 400°F.
2. Season chicken breasts on both sides with garlic powder, chili powder, salt, and pepper. Add olive oil to pan and cook over medium heat 5-6 minutes on each side until cooked through and juices run clear. Remove from heat and chop chicken into bite size pieces.
3. In a small bowl whisk together BBQ sauces. Spread sauce over flat breads.
4. Sprinkle with cheese and then with onions. Top with chicken and finish by sprinkling the jalapenos over the whole pizza.
5. Bake 10-12 minutes until cheese is melted and starts to brown slightly.
6. Sprinkle with chopped cilantro.

### Ingredients:

- 3 cups flour
- 1 teaspoon table salt
- 1 cup warm water
- 3 tablespoons olive oil
- cornmeal for dusting

### Directions:

1. Preheat oven to 500 °F.
2. Add flour and salt to a food processor and pulse until well mixed.
3. Add water and oil.
4. Pulse until a dough ball forms – about 1 minute, scraping down sides of bowl as needed.
5. Transfer dough to a lightly floured surface and knead dough until the surface of the dough is smooth.
6. Divide dough into 2 equal balls.
7. Use a rolling pin to roll each dough ball into a long oval to desired thickness. Thinner is better.
8. Dust two quarter-sized baking sheets with cornmeal and place flatbread crust on each.
9. Poke the surface of the flatbread with a fork.
10. Par-bake flatbreads for 5-8 minutes or until the edges of the flatbread are turning golden brown and nearly cooked through.
11. Use in your favorite flatbread recipe.

*Add/adjust toppings according to your family's tastes just keep the ratios about the same: ¼ cup of sauce, 4 ounces of cheese and a cup or so of veggies is the sweet spot for introducing plenty of flavors but making sure that the flatbread doesn't get soggy.*

Source: Midwest Foodie

**Ingredients:**

- 2 par-baked flatbread crusts
- 2 tablespoons olive oil
- ½ cup spinach pesto (see below)
- 8 ounces mozzarella cheese
- 1 cup halved grape tomatoes
- ½ cup thinly sliced red onion
- 2 ounces sliced black olives
- 1 cup quartered artichoke hearts
- ½ cup crumbled feta
- 1 teaspoon oregano
- Kosher salt
- fresh chopped parsley
- fresh arugula leaves

**Spinach Pesto:**

- 2 cups loosely packed fresh spinach leaves
- 2 cloves garlic
- 1/2 cup toasted walnuts
- 1/2 cup shredded Parmesan
- 3/4 - 1 cup olive oil
- Kosher salt to taste

**Preparation:**

1. Preheat oven to 400°F.
2. Brush crust with olive oil.
3. Divide pesto between crusts, spread in an even layer.
4. Divide shredded cheese between crust.
5. Top with tomatoes, onion, black olives, artichoke hearts, feta, and oregano along with a pinch of kosher salt.
6. Bake for 5-10 minutes until veggies are tender and cheese is melted.
7. Garnish with fresh chopped parsley and arugula.

## *Pear & Gorgonzola Flatbread*

### **Ingredients:**

- 2 par-baked flatbreads
- 2 tablespoons olive oil
- 1 small red onion, sliced
- 1 medium pear, thinly sliced
- 1/4 cup crumbled gorgonzola
- 1/4 cup chopped walnuts
- 1 cup arugula

### **Balsamic Glaze:**

- 1 cup balsamic vinegar
- 1/4 cup brown sugar or coconut sugar

### **Preparation:**

1. Preheat oven to 400°F.
2. Start making the balsamic glaze: In a small saucepan bring vinegar and sugar to a boil; reduce to simmer and stir frequently until mixture has reduced by half. Mixture is done when glaze coats back of spoon. Remove from heat and let cool.
3. Meanwhile, heat medium skillet over medium heat and add oil to pan once hot. Add thinly sliced onions, stirring frequently until translucent and fragrant. Add thinly sliced pears to the skillet to soften just slightly – about 2 minutes.
4. Place onions and pear slices on flatbread, add crumbled gorgonzola and chopped walnuts.
5. Bake pizza at 400°F for 10 minutes.
6. Top with arugula and finish with balsamic glaze.

## *BBQ Chicken*

## *Flatbread*

### **Ingredients:**

- 2 medium par-baked flat breads
- ½ teaspoon garlic powder
- ¼ teaspoon chili powder
- salt and pepper to taste
- 2 chicken breasts pounded to ½ inch thickness
- 1 tablespoon olive oil
- ½ cup sweet chipotle BBQ sauce
- ½ cup hickory BBQ sauce
- 1 cup shredded Mexican blend cheese
- ¼ cup thinly sliced red onion
- ¼ cup cilantro roughly chopped
- 3-4 diced canned jalapenos, if desired

### **Preparation:**

1. Preheat oven to 400°F.
2. Season chicken breasts on both sides with garlic powder, chili powder, salt, and pepper. Add olive oil to pan and cook over medium heat 5-6 minutes on each side until cooked through and juices run clear. Remove from heat and chop chicken into bite size pieces.
3. In a small bowl whisk together BBQ sauces. Spread sauce over flat breads.
4. Sprinkle with cheese and then with onions. Top with chicken and finish by sprinkling the jalapenos over the whole pizza.
5. Bake 10-12 minutes until cheese is melted and starts to brown slightly.
6. Sprinkle with chopped cilantro.



**Ingredients:**

- 3 cups flour
- 1 teaspoon table salt
- 1 cup warm water
- 3 tablespoons olive oil
- cornmeal for dusting

**Directions:**

1. Preheat oven to 500 °F.
2. Add flour and salt to a food processor and pulse until well mixed.
3. Add water and oil.
4. Pulse until a dough ball forms – about 1 minute, scraping down sides of bowl as needed.
5. Transfer dough to a lightly floured surface and knead dough until the surface of the dough is smooth.
6. Divide dough into 2 equal balls.
7. Use a rolling pin to roll each dough ball into a long oval to desired thickness. Thinner is better.
8. Dust two quarter-sized baking sheets with cornmeal and place flatbread crust on each.
9. Poke the surface of the flatbread with a fork.
10. Par-bake flatbreads for 5-8 minutes or until the edges of the flatbread are turning golden brown and nearly cooked through.
11. Use in your favorite flatbread recipe.

*Add/adjust toppings according to your family's tastes just keep the ratios about the same: ¼ cup of sauce, 4 ounces of cheese and a cup or so of veggies is the sweet spot for introducing plenty of flavors but making sure that the flatbread doesn't get soggy.*

Source: Midwest Foodie

**Ingredients:**

- 2 par-baked flatbread crusts
- 2 tablespoons olive oil
- ½ cup spinach pesto (see below)
- 8 ounces mozzarella cheese
- 1 cup halved grape tomatoes
- ½ cup thinly sliced red onion
- 2 ounces sliced black olives
- 1 cup quartered artichoke hearts
- ½ cup crumbled feta
- 1 teaspoon oregano
- Kosher salt
- fresh chopped parsley
- fresh arugula leaves

**Spinach Pesto:**

- 2 cups loosely packed fresh spinach leaves
- 2 cloves garlic
- 1/2 cup toasted walnuts
- 1/2 cup shredded Parmesan
- 3/4 - 1 cup olive oil
- Kosher salt to taste

**Preparation:**

1. Preheat oven to 400°F.
2. Brush crust with olive oil.
3. Divide pesto between crusts, spread in an even layer.
4. Divide shredded cheese between crust.
5. Top with tomatoes, onion, black olives, artichoke hearts, feta, and oregano along with a pinch of kosher salt.
6. Bake for 5-10 minutes until veggies are tender and cheese is melted.
7. Garnish with fresh chopped parsley and arugula.

## *Pear & Gorgonzola Flatbread*

### **Ingredients:**

- 2 par-baked flatbreads
- 2 tablespoons olive oil
- 1 small red onion, sliced
- 1 medium pear, thinly sliced
- 1/4 cup crumbled gorgonzola
- 1/4 cup chopped walnuts
- 1 cup arugula

### **Balsamic Glaze:**

- 1 cup balsamic vinegar
- 1/4 cup brown sugar or coconut sugar

### **Preparation:**

1. Preheat oven to 400°F.
2. Start making the balsamic glaze: In a small saucepan bring vinegar and sugar to a boil; reduce to simmer and stir frequently until mixture has reduced by half. Mixture is done when glaze coats back of spoon. Remove from heat and let cool.
3. Meanwhile, heat medium skillet over medium heat and add oil to pan once hot. Add thinly sliced onions, stirring frequently until translucent and fragrant. Add thinly sliced pears to the skillet to soften just slightly – about 2 minutes.
4. Place onions and pear slices on flatbread, add crumbled gorgonzola and chopped walnuts.
5. Bake pizza at 400°F for 10 minutes.
6. Top with arugula and finish with balsamic glaze.

## *BBQ Chicken*

## *Flatbread*

### **Ingredients:**

- 2 medium par-baked flat breads
- ½ teaspoon garlic powder
- ¼ teaspoon chili powder
- salt and pepper to taste
- 2 chicken breasts pounded to ½ inch thickness
- 1 tablespoon olive oil
- ½ cup sweet chipotle BBQ sauce
- ½ cup hickory BBQ sauce
- 1 cup shredded Mexican blend cheese
- ¼ cup thinly sliced red onion
- ¼ cup cilantro roughly chopped
- 3-4 diced canned jalapenos, if desired

### **Preparation:**

1. Preheat oven to 400°F.
2. Season chicken breasts on both sides with garlic powder, chili powder, salt, and pepper. Add olive oil to pan and cook over medium heat 5-6 minutes on each side until cooked through and juices run clear. Remove from heat and chop chicken into bite size pieces.
3. In a small bowl whisk together BBQ sauces. Spread sauce over flat breads.
4. Sprinkle with cheese and then with onions. Top with chicken and finish by sprinkling the jalapenos over the whole pizza.
5. Bake 10-12 minutes until cheese is melted and starts to brown slightly.
6. Sprinkle with chopped cilantro.

### Ingredients:

- 3 cups flour
- 1 teaspoon table salt
- 1 cup warm water
- 3 tablespoons olive oil
- cornmeal for dusting

### Directions:

1. Preheat oven to 500 °F.
2. Add flour and salt to a food processor and pulse until well mixed.
3. Add water and oil.
4. Pulse until a dough ball forms – about 1 minute, scraping down sides of bowl as needed.
5. Transfer dough to a lightly floured surface and knead dough until the surface of the dough is smooth.
6. Divide dough into 2 equal balls.
7. Use a rolling pin to roll each dough ball into a long oval to desired thickness. Thinner is better.
8. Dust two quarter-sized baking sheets with cornmeal and place flatbread crust on each.
9. Poke the surface of the flatbread with a fork.
10. Par-bake flatbreads for 5-8 minutes or until the edges of the flatbread are turning golden brown and nearly cooked through.
11. Use in your favorite flatbread recipe.

*Add/adjust toppings according to your family's tastes just keep the ratios about the same: ¼ cup of sauce, 4 ounces of cheese and a cup or so of veggies is the sweet spot for introducing plenty of flavors but making sure that the flatbread doesn't get soggy.*

Source: Midwest Foodie

**Ingredients:**

- 2 par-baked flatbread crusts
- 2 tablespoons olive oil
- ½ cup spinach pesto (see below)
- 8 ounces mozzarella cheese
- 1 cup halved grape tomatoes
- ½ cup thinly sliced red onion
- 2 ounces sliced black olives
- 1 cup quartered artichoke hearts
- ½ cup crumbled feta
- 1 teaspoon oregano
- Kosher salt
- fresh chopped parsley
- fresh arugula leaves

**Spinach Pesto:**

- 2 cups loosely packed fresh spinach leaves
- 2 cloves garlic
- 1/2 cup toasted walnuts
- 1/2 cup shredded Parmesan
- 3/4 - 1 cup olive oil
- Kosher salt to taste

**Preparation:**

1. Preheat oven to 400°F.
2. Brush crust with olive oil.
3. Divide pesto between crusts, spread in an even layer.
4. Divide shredded cheese between crust.
5. Top with tomatoes, onion, black olives, artichoke hearts, feta, and oregano along with a pinch of kosher salt.
6. Bake for 5-10 minutes until veggies are tender and cheese is melted.
7. Garnish with fresh chopped parsley and arugula.

## *Pear & Gorgonzola Flatbread*

### **Ingredients:**

- 2 par-baked flatbreads
- 2 tablespoons olive oil
- 1 small red onion, sliced
- 1 medium pear, thinly sliced
- 1/4 cup crumbled gorgonzola
- 1/4 cup chopped walnuts
- 1 cup arugula

### **Balsamic Glaze:**

- 1 cup balsamic vinegar
- 1/4 cup brown sugar or coconut sugar

### **Preparation:**

1. Preheat oven to 400°F.
2. Start making the balsamic glaze: In a small saucepan bring vinegar and sugar to a boil; reduce to simmer and stir frequently until mixture has reduced by half. Mixture is done when glaze coats back of spoon. Remove from heat and let cool.
3. Meanwhile, heat medium skillet over medium heat and add oil to pan once hot. Add thinly sliced onions, stirring frequently until translucent and fragrant. Add thinly sliced pears to the skillet to soften just slightly – about 2 minutes.
4. Place onions and pear slices on flatbread, add crumbled gorgonzola and chopped walnuts.
5. Bake pizza at 400°F for 10 minutes.
6. Top with arugula and finish with balsamic glaze.

## *BBQ Chicken*

## *Flatbread*

### **Ingredients:**

- 2 medium par-baked flat breads
- ½ teaspoon garlic powder
- ¼ teaspoon chili powder
- salt and pepper to taste
- 2 chicken breasts pounded to ½ inch thickness
- 1 tablespoon olive oil
- ½ cup sweet chipotle BBQ sauce
- ½ cup hickory BBQ sauce
- 1 cup shredded Mexican blend cheese
- ¼ cup thinly sliced red onion
- ¼ cup cilantro roughly chopped
- 3-4 diced canned jalapenos, if desired

### **Preparation:**

1. Preheat oven to 400°F.
2. Season chicken breasts on both sides with garlic powder, chili powder, salt, and pepper. Add olive oil to pan and cook over medium heat 5-6 minutes on each side until cooked through and juices run clear. Remove from heat and chop chicken into bite size pieces.
3. In a small bowl whisk together BBQ sauces. Spread sauce over flat breads.
4. Sprinkle with cheese and then with onions. Top with chicken and finish by sprinkling the jalapenos over the whole pizza.
5. Bake 10-12 minutes until cheese is melted and starts to brown slightly.
6. Sprinkle with chopped cilantro.



**Ingredients:**

- 3 cups flour
- 1 teaspoon table salt
- 1 cup warm water
- 3 tablespoons olive oil
- cornmeal for dusting

**Directions:**

1. Preheat oven to 500 °F.
2. Add flour and salt to a food processor and pulse until well mixed.
3. Add water and oil.
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9. Poke the surface of the flatbread with a fork.
10. Par-bake flatbreads for 5-8 minutes or until the edges of the flatbread are turning golden brown and nearly cooked through.
11. Use in your favorite flatbread recipe.

*Add/adjust toppings according to your family's tastes just keep the ratios about the same: ¼ cup of sauce, 4 ounces of cheese and a cup or so of veggies is the sweet spot for introducing plenty of flavors but making sure that the flatbread doesn't get soggy.*

Source: Midwest Foodie

**Ingredients:**

- 2 par-baked flatbread crusts
- 2 tablespoons olive oil
- ½ cup spinach pesto (see below)
- 8 ounces mozzarella cheese
- 1 cup halved grape tomatoes
- ½ cup thinly sliced red onion
- 2 ounces sliced black olives
- 1 cup quartered artichoke hearts
- ½ cup crumbled feta
- 1 teaspoon oregano
- Kosher salt
- fresh chopped parsley
- fresh arugula leaves

**Spinach Pesto:**

- 2 cups loosely packed fresh spinach leaves
- 2 cloves garlic
- 1/2 cup toasted walnuts
- 1/2 cup shredded Parmesan
- 3/4 - 1 cup olive oil
- Kosher salt to taste

**Preparation:**

1. Preheat oven to 400°F.
2. Brush crust with olive oil.
3. Divide pesto between crusts, spread in an even layer.
4. Divide shredded cheese between crust.
5. Top with tomatoes, onion, black olives, artichoke hearts, feta, and oregano along with a pinch of kosher salt.
6. Bake for 5-10 minutes until veggies are tender and cheese is melted.
7. Garnish with fresh chopped parsley and arugula.

## *Pear & Gorgonzola Flatbread*

### **Ingredients:**

- 2 par-baked flatbreads
- 2 tablespoons olive oil
- 1 small red onion, sliced
- 1 medium pear, thinly sliced
- 1/4 cup crumbled gorgonzola
- 1/4 cup chopped walnuts
- 1 cup arugula

### **Balsamic Glaze:**

- 1 cup balsamic vinegar
- 1/4 cup brown sugar or coconut sugar

### **Preparation:**

1. Preheat oven to 400°F.
2. Start making the balsamic glaze: In a small saucepan bring vinegar and sugar to a boil; reduce to simmer and stir frequently until mixture has reduced by half. Mixture is done when glaze coats back of spoon. Remove from heat and let cool.
3. Meanwhile, heat medium skillet over medium heat and add oil to pan once hot. Add thinly sliced onions, stirring frequently until translucent and fragrant. Add thinly sliced pears to the skillet to soften just slightly – about 2 minutes.
4. Place onions and pear slices on flatbread, add crumbled gorgonzola and chopped walnuts.
5. Bake pizza at 400°F for 10 minutes.
6. Top with arugula and finish with balsamic glaze.

## *BBQ Chicken*

## *Flatbread*

### **Ingredients:**

- 2 medium par-baked flat breads
- ½ teaspoon garlic powder
- ¼ teaspoon chili powder
- salt and pepper to taste
- 2 chicken breasts pounded to ½ inch thickness
- 1 tablespoon olive oil
- ½ cup sweet chipotle BBQ sauce
- ½ cup hickory BBQ sauce
- 1 cup shredded Mexican blend cheese
- ¼ cup thinly sliced red onion
- ¼ cup cilantro roughly chopped
- 3-4 diced canned jalapenos, if desired

### **Preparation:**

1. Preheat oven to 400°F.
2. Season chicken breasts on both sides with garlic powder, chili powder, salt, and pepper. Add olive oil to pan and cook over medium heat 5-6 minutes on each side until cooked through and juices run clear. Remove from heat and chop chicken into bite size pieces.
3. In a small bowl whisk together BBQ sauces. Spread sauce over flat breads.
4. Sprinkle with cheese and then with onions. Top with chicken and finish by sprinkling the jalapenos over the whole pizza.
5. Bake 10-12 minutes until cheese is melted and starts to brown slightly.
6. Sprinkle with chopped cilantro.

### Ingredients:

- 3 cups flour
- 1 teaspoon table salt
- 1 cup warm water
- 3 tablespoons olive oil
- cornmeal for dusting

### Directions:

1. Preheat oven to 500 °F.
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9. Poke the surface of the flatbread with a fork.
10. Par-bake flatbreads for 5-8 minutes or until the edges of the flatbread are turning golden brown and nearly cooked through.
11. Use in your favorite flatbread recipe.

*Add/adjust toppings according to your family's tastes just keep the ratios about the same: ¼ cup of sauce, 4 ounces of cheese and a cup or so of veggies is the sweet spot for introducing plenty of flavors but making sure that the flatbread doesn't get soggy.*

Source: Midwest Foodie

**Ingredients:**

- 2 par-baked flatbread crusts
- 2 tablespoons olive oil
- ½ cup spinach pesto (see below)
- 8 ounces mozzarella cheese
- 1 cup halved grape tomatoes
- ½ cup thinly sliced red onion
- 2 ounces sliced black olives
- 1 cup quartered artichoke hearts
- ½ cup crumbled feta
- 1 teaspoon oregano
- Kosher salt
- fresh chopped parsley
- fresh arugula leaves

**Spinach Pesto:**

- 2 cups loosely packed fresh spinach leaves
- 2 cloves garlic
- 1/2 cup toasted walnuts
- 1/2 cup shredded Parmesan
- 3/4 - 1 cup olive oil
- Kosher salt to taste

**Preparation:**

1. Preheat oven to 400°F.
2. Brush crust with olive oil.
3. Divide pesto between crusts, spread in an even layer.
4. Divide shredded cheese between crust.
5. Top with tomatoes, onion, black olives, artichoke hearts, feta, and oregano along with a pinch of kosher salt.
6. Bake for 5-10 minutes until veggies are tender and cheese is melted.
7. Garnish with fresh chopped parsley and arugula.

## *Pear & Gorgonzola Flatbread*

### **Ingredients:**

- 2 par-baked flatbreads
- 2 tablespoons olive oil
- 1 small red onion, sliced
- 1 medium pear, thinly sliced
- 1/4 cup crumbled gorgonzola
- 1/4 cup chopped walnuts
- 1 cup arugula

### **Balsamic Glaze:**

- 1 cup balsamic vinegar
- 1/4 cup brown sugar or coconut sugar

### **Preparation:**

1. Preheat oven to 400°F.
2. Start making the balsamic glaze: In a small saucepan bring vinegar and sugar to a boil; reduce to simmer and stir frequently until mixture has reduced by half. Mixture is done when glaze coats back of spoon. Remove from heat and let cool.
3. Meanwhile, heat medium skillet over medium heat and add oil to pan once hot. Add thinly sliced onions, stirring frequently until translucent and fragrant. Add thinly sliced pears to the skillet to soften just slightly – about 2 minutes.
4. Place onions and pear slices on flatbread, add crumbled gorgonzola and chopped walnuts.
5. Bake pizza at 400°F for 10 minutes.
6. Top with arugula and finish with balsamic glaze.

## *BBQ Chicken*

## *Flatbread*

### **Ingredients:**

- 2 medium par-baked flat breads
- ½ teaspoon garlic powder
- ¼ teaspoon chili powder
- salt and pepper to taste
- 2 chicken breasts pounded to ½ inch thickness
- 1 tablespoon olive oil
- ½ cup sweet chipotle BBQ sauce
- ½ cup hickory BBQ sauce
- 1 cup shredded Mexican blend cheese
- ¼ cup thinly sliced red onion
- ¼ cup cilantro roughly chopped
- 3-4 diced canned jalapenos, if desired

### **Preparation:**

1. Preheat oven to 400°F.
2. Season chicken breasts on both sides with garlic powder, chili powder, salt, and pepper. Add olive oil to pan and cook over medium heat 5-6 minutes on each side until cooked through and juices run clear. Remove from heat and chop chicken into bite size pieces.
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4. Sprinkle with cheese and then with onions. Top with chicken and finish by sprinkling the jalapenos over the whole pizza.
5. Bake 10-12 minutes until cheese is melted and starts to brown slightly.
6. Sprinkle with chopped cilantro.