

## FLATBREAD PIZZA DELIGHT

### Ingredients:

- 4 Whole Grain Flatbreads (we like the “Flat-Out” brand – Multi Grain)
- Pizza Sauce (we like the “dei Fratelli” brand)
- ½ cup reduced fat or fat free Shredded Mexican Cheese Blend
- ¼ cup feta cheese (reduced fat)
- ½ cup sundried tomatoes (NOT packed in oil – we like those in “flavor-fresh” pouches)
- ½ of small eggplant
- 2 cups fresh baby spinach leaves
- 2 links of Italian Chicken Sausage (we like Publix Greenwise)
- Extra virgin Olive Oil in Sprayer (try buying your own sprayer, that way you get the benefits of the oil, with none of the propellants)



### Preparation:

1. Cut links of Italian Chicken Sausage into bite-size pieces and cook until done (use a bit of olive oil spray to coat pan).
2. While chicken-sausage is cooking, cut eggplant into bite-size cubes as well and cook until tender, but not mushy (use a bit of olive oil to coat pan)
3. Meanwhile, place Flatbreads on baking pan. Spread the pizza sauce (amount of your liking) onto each flatbread.
4. Once chicken and eggplant are cooked, top each flatbread with all of the toppings. We chose this order: a good layer of baby spinach, small amount of shredded cheese, chicken-sausage, eggplant, a tiny bit more shredded cheese, sundried tomatoes, and feta cheese.
5. Bake at 450 degrees until cheese is melted.
6. Enjoy!

\* We each ate 1 Flatbread and felt satisfied. The remaining flatbreads became the next day’s lunch! Yum! If you’ve got extra Flatbreads to use, check out the recipe for Cheddar Apple Chicken Flatbread.