

DINNERLY



Speedy Recipe! Low-Cal Veggie Flatbreads

with Ricotta Cheese



ca. 20min



2 Servings

Did you guys know that we're magicians? In just 20 minutes, we transformed a few simple ingredients into this ricotta flatbread piled high with broiled tomatoes, corn, scallions, and a sprinkle of Parm. Abracadabra! We've got you covered!

WHAT WE SEND

- 2 Mediterranean pitas ^{1,2,3}
- ¾ oz piece Parmesan ⁴
- 1 oz scallions
- 1 pkg grape tomatoes
- 5 oz corn
- 4 oz ricotta ⁴
- ¼ oz granulated garlic

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

TOOLS

- rimmed baking sheet
- microplane or grater

ALLERGENS

Sesame (1), Soy (2), Wheat (3), Milk (4).
May contain traces of other allergens.
Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 550kcal, Fat 20g, Carbs 70g, Protein 24g



1. Toast pitas

Preheat broiler with a rack in the upper third.

Place **pitas** on a rimmed baking sheet and lightly drizzle both sides with **oil**. Broil on upper oven rack until toasted, 1–2 minutes per side (watch closely as broilers vary). Set aside until step 4.



2. Prep ingredients

Finely grate **Parmesan**.

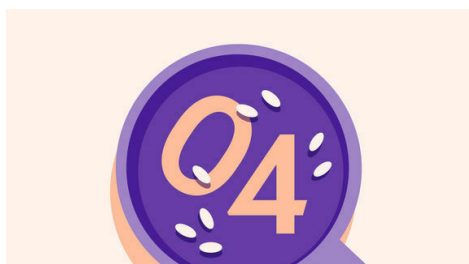
Trim ends from **scallions** and cut into 1-inch pieces.



3. Broil veggies

Transfer **pitas** to a cutting board. Place **tomatoes** and **corn** on one side of same baking sheet. Toss with ½ **teaspoon granulated garlic**, 1 **tablespoon oil**, and a **pinch each of salt and pepper**.

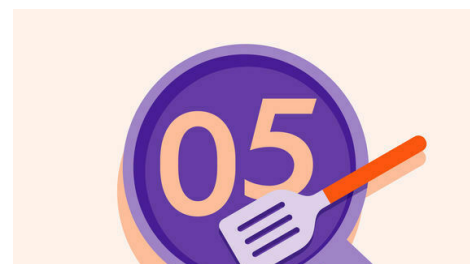
Broil on upper oven rack until lightly charred, 2–3 minutes. Shake baking sheet, then add **scallions** to open side. Broil until veggies are charred and softened, about 1–2 minutes more.



4. Assemble

While **veggies** broil, evenly divide **ricotta** between **pitas** and spread to edges. Sprinkle with **some of the Parmesan**.

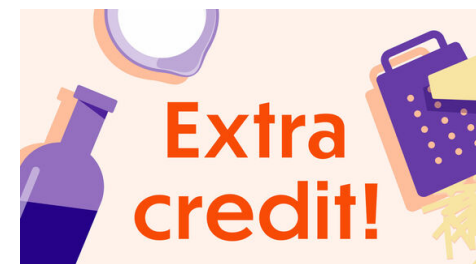
Divide **tomato and corn mixture** evenly between each pita and top with **scallions**. Sprinkle with **remaining Parmesan**. Transfer to same baking sheet.



5. Melt cheese & serve

Place baking sheet with **pitas** on upper oven rack and broil until **cheese** is just melted and starting to brown, 30–60 seconds (watch closely).

Cut **ricotta flatbreads** into wedges and serve. Enjoy!



6. Level it up

For more depth of flavor and sweetness, mix a little honey, olive oil, salt, and pepper into the ricotta before spreading it over the pitas.