

DINNERLY



Low-Cal Greek Flatbread with Spinach, Mozzarella & Feta

 20-30min  2 Servings

Flatbread is code for "pizza-feels-but-healthier-and-in-less-time." And this one is no different with its crisp pita base, tangy tomato sauce, two types of cheese, and caramelized onion and spinach topping. It's a quick, crowd-pleasing way to get your fill of fresh, hot "pizza" without picking up the phone. We've got you covered!

WHAT WE SEND

- 1 medium red onion
- 3¼ oz mozzarella ⁷
- 8 oz tomato sauce
- 3 oz baby spinach
- 2 Mediterranean pitas ^{1,6,11}
- 1.4 oz feta ⁷

WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper

TOOLS

- box grater
- medium skillet
- rimmed baking sheet

ALLERGENS

Wheat (1), Soy (6), Milk (7), Sesame (11).
May contain traces of other allergens.
Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 620kcal, Fat 34g, Carbs 56g,
Protein 25g



1. Prep ingredients

Preheat oven to 475°F with a rack in the center.

Finely chop **1 teaspoon garlic**. Quarter **onion** and thinly slice; finely chop **¼ cup of the sliced onions**.

Coarsely shred **mozzarella** on the large holes of a box grater.



2. Make sauce

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chopped garlic** and **chopped onions**; cook until fragrant, about 1 minute. Add **tomato sauce** and **¼ cup water**; season to taste with **salt** and **pepper**. Bring to a boil, then cook until reduced to **½ cup**, 4–5 minutes. Transfer to a liquid measuring cup. Rinse and dry skillet.



3. Cook spinach & onions

Heat **1 tablespoon oil** in same skillet over medium. Add **sliced onions** and season with **salt**; cook, stirring occasionally, until lightly browned and softened, about 5 minutes. Cover and cook until tender, about 2 minutes. Add **spinach** in batches, stirring, until just wilted, 1–2 minutes. Season to taste with **salt** and **pepper**; set aside until ready to serve.



4. Bake flatbreads

Meanwhile, place **pitas** on a rimmed baking sheet and lightly brush both sides with **oil**. Bake on center oven rack until bottoms are crisp, about 4 minutes. Flip pitas, then spread **tomato sauce** over top and sprinkle with **mozzarella**. Bake until cheese is melted and bottom is crisp, 2–3 minutes.



5. Assemble & serve

Top **flatbreads** with **spinach and onions**, then crumble **feta** over top.

Serve **Greek flatbread** with a light drizzle of **oil** over top. Enjoy!



6. Make it meaty!

Do you have a meat-loving pizza eater on your hands? Personalize their flatbread by topping it with grilled chicken or steak.