



Simple Peach, Basil, and Ricotta Flatbread

Recipe Source: www.cookieandkate.com

Servings: 1

Ingredients:

2 whole grain pitas (large)
3/4 cup low-fat ricotta cheese
1 large ripe yellow peach, sliced thinly
1/4 cup basil chiffonade (Stack leaves, roll tightly into a log shape, and slice very thinly)
Salt and black pepper
Balsamic vinegar reduction

Steps:

- Preheat the oven to 425°. Place the flatbread in a cast iron pan, baking sheet, or perforated pizza pan. (This ensures a crispy flatbread.)
- Spread ricotta evenly across the flatbread using 1/3 cup per flatbread, leaving 1/2 inch around the edges. Arrange peach slices on top of the ricotta, using 1/2 peach per flatbread.
- Bake 10-12 minutes until flatbread is crisped on edges and bottom. Sprinkle with basil, salt and freshly ground black pepper. Drizzle with balsamic reduction to taste, slice, and serve immediately.

Tips from the Test Kitchen: You can buy balsamic reduction or just make your own by bringing one cup balsamic vinegar to a boil in a small, thick-bottomed saucepan over medium heat. Reduce the heat to a simmer and cook, stirring often, until the vinegar is reduced by about half. Be careful to not overcook or the vinegar becomes too thick and sticky. Once cooled, the reduction can be stored in an airtight jar at room temperature. Use on top of pizzas, vegetables, salads, or in sandwiches. This recipe is also delicious with apples or pears instead of peaches, or even strawberries!

Nutritional Facts: Calories: 557, Carbohydrates: 100 grams, Protein: 28 grams, Total Fat: 2 grams, Saturated Fat: 0 grams, Cholesterol: 30 mg, Sodium: 842 mg, Fiber: 5 grams, Total Sugars: 22 grams.