

GRILLED PEACH AND PESTO FLATBREAD

Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 4 (Serving = 1 Flatbread)

Nutrition (per serving)

Calories: 208

Total Fat: 7 g

Saturated Fat: 3 g

Sodium: 307 mg

Total Carbohydrate: 30 g

Dietary Fiber: 5 g

Total Sugars: 12 g

Protein: 9 g



Ingredients

Spinach Pesto

- 1 cup fresh spinach leaves
- ¼ cup grated Parmesan cheese
- 1/8 cup pecan halves
- ½ clove garlic, peeled
- 1/8 teaspoon salt
- 3 Tablespoons extra virgin olive oil

Flatbread

- 4 whole wheat pitas, small (4" diameter)
- Cooking spray
- 4 small peaches, pitted and sliced
- ¼ cup goat cheese
- ¼ cup fresh basil leaves, cut into ribbons
- 1 Tablespoon balsamic glaze

Directions

Spinach Pesto

1. In a food processor, add the pesto ingredients. Pulse for 30 seconds. Drizzle the olive oil into the mixture and fully process until smooth. Scrape down the sides of the bowl and process once more. Set aside.

Flatbread

1. Preheat grill to medium high heat. Place a sheet of foil down and evenly coat with a light layer of cooking spray. Place the peach slices on the foil, cooking for about 1-3 minutes or until just starting to become soft. Flip and cook for an additional 1-2 minutes. Set aside.
2. Spray your pita with cooking spray and place directly on the grill grates for about 2 minutes or until grill marks form. Flip the pita and cook an additional 2 minutes. Remove from heat.
3. Spread pitas with thin layer of goat cheese and spinach pesto (about 1 Tablespoon of each). Top with the grilled peaches and fresh basil (about 1 Tablespoon). Finish with a drizzle of balsamic glaze.