

Vegetarian Stuffed Flatbread

Contributed by Hopelink Harvest volunteer: Blair D.

For more recipes: www.hopelink.org/need-help/food/healthy-recipes

Ingredients:

- 1 TB olive oil
- 1/2 medium onion, finely chopped
- 1 garlic clove, minced
- 1 bag baby spinach leaves or other greens, coarsely chopped
- Optional: 1 tsp red pepper flakes
- 8 oz feta or other mild white cheese (mozzarella, Monterey Jack, Ricotta), crumbled or shredded
- Salt and pepper to taste
- 1 lb package Lavash or other Middle Eastern-style flatbread

Method:

1. Heat oil in skillet on medium-low heat. Add chopped onions and garlic. Sauté until soft. Add spinach and cook until spinach begins to wilt.
2. Remove from heat and transfer ingredients to bowl. Add optional red pepper flakes and cheese, toss to combine. Add salt and pepper to taste.
3. Cover one piece of the Lavash bread with a thin layer of filling, and cover with second piece. Cut in quarters and place one at a time in lightly-oiled sauté pan on medium heat and cook until surface is golden brown (about 3 minutes). Turn over with spatula and continue cooking 2-3 minutes more, until brown. Remove from the pan, and serve warm.

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