

Flat Out Delicious

Written by Debbi Covington

Tuesday, 17 June 2014 13:55 - Last Updated Wednesday, 18 June 2014 07:05



The spring catering season has been a whirlwind of annual meetings, cocktail parties and weddings. Even though I'm around food almost all of the time, I often get sidetracked and skip lunch. I recently discovered flatbreads in the deli section at Publix. They've been lifesavers for me!

Flatbreads are low in calories and are quick and easy to prepare. The recipes this week are for some of the flatbreads that I've tried over the past couple of months. Each recipe serves one person. If you're a bread person, try the same ingredients on an individual serving pizza crust, a tortilla, pita or naan bread. For a crispy crust, bake the flatbread on the lowest rack of your oven.

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Chicken and Goat Cheese Flatbread (above)

1 flatbread, naan or single pizza crust
Crumbled goat cheese
Deli chicken breast, torn
Shredded mozzarella cheese

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Sliced kalamata olives
Diced tomato
Jarred pizza sauce
Chopped green onion

Place flatbread on a lightly greased baking sheet. Top evenly with crumbled goat cheese, chicken, a small amount of mozzarella cheese (just enough to help the ingredients stay on the flatbread), kalamata olives and diced tomato. Bake on lowest rack of a preheated 350 degree oven until the cheese is melted and edges of the flatbread are lightly browned. Remove from oven. Drizzle with pizza sauce and garnish with chopped green onion. Serves 1.

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Pimento Cheese and Tomato Flatbread



1 flatbread, naan or single pizza crust
Pimento cheese
Tomato, thinly sliced

Place flatbread on a lightly greased baking sheet. Spread evenly with a small amount of pimento cheese. Top with tomato slices. Bake on lowest rack of a preheated 350 degree oven until the pimento cheese is melted. Serves 1.

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Cajun Shrimp Flatbread



Medium shrimp, peeled and deveined

Butter

Cajun seasoning

1 flatbread, naan or single pizza crust

Shredded mozzarella cheese

Diced tomato

Italian parsley, chopped

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Saute shrimp in melted butter. Season with cajun seasoning. Drain on paper towels. Place flatbread on a lightly greased baking sheet. Sprinkle with shredded mozzarella cheese. Top with cooked shrimp. Bake on lowest rack of a preheated 350 degree oven until cheese is melted. Remove from oven. Garnish with diced tomato and chopped parsley. Serves 1.

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Turkey and Cheddar Flatbread



1 flatbread, naan or single pizza crust

Jarred pizza sauce

Shredded white cheddar cheese

Deli turkey slices

Place flatbread on a lightly greased baking sheet. Spread evenly with a small amount of pizza sauce. Top with shredded cheddar cheese and turkey slices. Bake on lowest rack of a preheated 350 degree oven until cheese is melted. Serves 1.

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Beef and Blue Cheese Flatbread



1 flatbread, naan or single pizza crust

▯ Bottled horseradish sauce ▯

Blue cheese crumbles

▯ Shredded swiss cheese ▯

Sliced beef tenderloin, steak or deli beef▯

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Diced tomato□

Chopped Italian parsley □

Place flatbread on a lightly greased baking sheet. Spread evenly with a small amount of horseradish sauce. Top evenly with crumbled blue cheese, a small amount of swiss cheese (just enough to help the ingredients stay on the flatbread), and beef tenderloins. Bake on lowest rack of a preheated 350 degree oven until the cheese is melted and edges of the flatbread are lightly browned. Remove from oven. Garnishg with diced tomato and chopped parsley. Serves 1.

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Jalapeno and Cheese Flatbread

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