

# VEGGIE FLATBREAD PIZZA

Easy Recipe

Flatbread pizza is a perfect option when you do not have time to make pizza dough from scratch! This quick and delicious pizza recipe features a crispy base with a variety of toppings that can be individualized for everyone's food preferences. Consider providing an array of toppings and letting everyone assemble their own personal pizzas!

**PREP TIME:**

5 minutes

**COOKING TIME:**

8 minutes

**AMOUNT RECIPE MAKES:**

2 servings

**SKILLS USED:**

Measuring, grating, cutting, baking using the oven

**Nutrition Nuggets:** What is pizza without cheese? Cheese is a super source of calcium - which helps build strong bones and teeth!

**Leftover Love:** Do you have leftover pizza toppings kicking around? Save these in the fridge and consider repurposing them to make a tasty baked pizza sub!

**Food for Thought:** Do you love or hate pineapple on pizza? This long time debate originates back to Canada - as putting pineapple on pizza originated here in the north!

## EQUIPMENT:

- Oven
- Baking sheet
- Spoon or spatula
- Grater
- Parchment paper
- Knife
- Cutting board
- Measuring cups

## INGREDIENTS:

- 1 large whole grain flatbread or naan
- 1/2 cup tomato sauce
- 1/2 cup sliced vegetables (mushrooms, peppers, broccoli, zucchini, onion, etc.)
- 1 cup fresh spinach
- 3/4 cup mozzarella, shredded (can use dairy-free, lactose-free, or vegan cheese)
- 1/2 cup fresh basil leaves (optional)

## DIRECTIONS:

1. Preheat the oven to 425°F.
2. Place the flatbread on a parchment-lined baking sheet.
3. Add tomato sauce to the flatbread.
4. Top with vegetables, spinach, mozzarella, and basil.
5. Put the pizza in the oven and bake for 8 - 10 minutes, or until the cheese is melted and golden brown.
6. Slice and serve!