



LOVE *thy* CARROT
real food made with love

Apple and Arugula Flatbread

Amounts here do not have to be exact

Serves 4 as an appetizer

Ingredients:

- Naan bread or any ready made crust
- apple sauce, (I used McEwan's Apple Sauce, it is hearty and chunky)
- Mozzarella di Bufala, sliced
- apple, thinly sliced
- red onion, thinly sliced
- handfuls of arugula

Drizzle of olive oil and salt and pepper to taste.

Directions:

1. Preheat oven to 400 F
2. Place Naan or flatbread on a pizza pan or cookie sheet.
3. Top with apple sauce, cheese, apples and onion slices.
4. Bake for 10 minutes or until the cheese is melted.
5. Top with arugula, a drizzle of olive oil and salt and pepper.

Cooks Notes:

- Go ahead and try this recipe with your own home-made pizza dough or baguette.
- There are so many kinds of flatbread to try, Middle Eastern pita bread, Mexican tortillas, Italian focaccia and they all freeze well.
- These flatbreads make a wonderful party appetizer or light meal.
- Use any cheese such as ricotta or chevre.

- Replace the arugula with baby spinach.
- If you have any fresh herbs sprinkle some on top, fresh thyme or rosemary (finely chopped) would be delicious.
- Add a green salad and you will have a super quick meal.
- I like to finish the flatbread with a drizzle of really good fruity olive oil, fresh cracked black pepper and very coarse salt.