

Beet Flatbread

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 16 servings

Ingredients:

For the dough:

- 1 cup warm water
- 2 teaspoons dry active yeast
- 2 cups all-purpose flour
- 2 cups whole-wheat flour
- 1 ½ teaspoons salt
- 1 tablespoon honey
- ¾ cup pureed beets (about 2 large beets, peeled and roasted)

For the sautéed beet greens

- Beet greens from 2 beets
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- Salt and pepper, to taste
- Juice of 1 lemon



For the topping:

- Sautéed Beet greens
- 2 cups colored mini heirloom tomatoes, halved
- ½ cup crumbled goat cheese
- ½ cup walnuts, toasted and coarsely chopped
- 2 teaspoons lemon zest

Method of Preparation:

1. Preheat oven to 375 degrees.
2. *To prepare the dough:* In a large mixing bowl, stir warm water and yeast. Let sit for five minutes, or until dissolved. Add flours, salt, honey and pureed beets to yeast mixture and combine until dough forms ball.
3. Move dough onto lightly floured surface. Knead about five minutes, or until it is smooth and elastic. Place dough ball in lightly oiled bowl. Cover with plastic wrap and set aside in a warm area until doubled in size, about 1-2 hours.
4. Divide dough in half. Roll out each dough ball and place on greased baking sheets. Bake about 25 minutes, or until dough is cooked.
5. For the beet greens: Bring a pot of water to a boil. Add beet greens, and cook until tender, about two minutes. Using a slotted spoon, transfer greens to a bowl of ice water to shock. Drain and coarsely chop.
6. In a large skillet over medium heat, heat oil. Add garlic and cook until fragrant, about one minute. Add greens and cook until they are heated through, about two minutes. Finish with lemon juice, salt and pepper.
7. To assemble the finished flatbread: Spread the sautéed greens on the cooked crusts. Top with tomatoes, goat cheese, walnuts and lemon zest.

Nutritional Analysis:

Calories: 160
Carbohydrates: 25 g
Sodium: 270 mg
Protein: 5 g
Fat: 5 g
Fiber: 3 g

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