



**GREEN  
CHEF**

# ZUCCHINI & RICOTTA FLATBREADS

*hot honey, Brussels sprout salad with Caesar dressing & walnuts*

## COOK TIME

30 MIN

## SERVINGS

2

## CALORIES PER SERVING

810

Ricotta's creamy texture and mild, buttery flavor make it perfect for use in both savory and sweet recipes. Tonight, we combine the two! Toasty flatbreads are slathered in the Italian cheese, topped with zucchini and mozzarella for an extra bubbly layer, then drizzled in hot honey. A shredded Brussels sprout salad tossed with Caesar dressing makes for a fresh and satisfying side.

## INGREDIENTS (11 ITEMS)

1 whole **Zucchini**  
1 whole **Yellow onion**  
4 oz **Brussels sprouts**  
½ oz **Walnuts** T  
4 oz **Ricotta cheese** M  
¼ tsp **Italian seasoning**  
½ oz **Honey**  
½ tsp **Crushed red pepper flakes**  
2 whole **Flatbreads** W  
2 oz **Mozzarella cheese** M  
1¾ oz **Caesar dressing** M S

## WHAT YOU'LL NEED

large sauté pan  
baking sheet  
mixing bowls  
measuring spoons  
oven mitt  
cooking & olive oils  
salt & pepper

## ALLERGENS

T TREE NUTS (walnuts)  
M MILK  
W WHEAT  
S SOY



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to [greenchef.com/faq](https://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1

**PREP**

- Preheat oven to 400 degrees.
- Trim ends off **zucchini\***; discard. Halve lengthwise. Lay flat and slice across into half-moons, about ¼ inch thick.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay flat and small dice into pieces, about ¼ inch each.
- Halve **Brussels sprouts** lengthwise. Lay flat and cut across into strips, about ¼ inch wide; discard stem ends.

*\*The ingredient you received may be a different color.*

COOKING FOR  
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2

**TOAST WALNUTS**

- Place **walnuts** in a dry, large sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **walnuts** to a cutting board and allow to cool. Roughly chop.

3

**COOK ZUCCHINI & ONION**

- Heat about 1½ tablespoons cooking oil in pan used for walnuts over medium-high heat. Add **zucchini** and **onion** to hot pan. Lightly season with salt and pepper. Cook 3-4 minutes, or until zucchini is softened, stirring occasionally.

4

**SEASON RICOTTA & MAKE HOT HONEY**

- Place **ricotta cheese** and about 1 tablespoon olive oil in a medium bowl. Season with **Italian seasoning**, about ¼ teaspoon salt, and a pinch of pepper. Stir to combine.
- Place **honey** and 1 teaspoon water in a small bowl. Season with **crushed red pepper flakes\*** to taste. Stir to combine.

*\*If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.*

5

**TOAST & BUILD FLATBREADS**

- Place **flatbreads** on a lightly oiled, foil-lined baking sheet. Lightly season with salt and pepper. Bake 3-4 minutes, or until lightly browned.
- Spread **seasoned ricotta** over flatbreads. (**Careful! Baking sheet is hot!**) Top with **zucchini and onion**. Sprinkle with **mozzarella cheese**.
- Bake 8-10 minutes, or until cheese melts and flatbreads are golden brown.

6

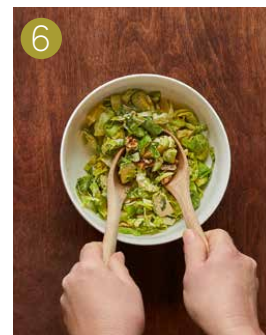
**MAKE SALAD**

- Place **Brussels sprouts** and **walnuts** in a second medium bowl. Drizzle with **Caesar dressing** to taste. Lightly season with salt. Toss to combine.

7

**PLATE YOUR DISH**

- Quarter **flatbreads**.
- Divide **zucchini and ricotta flatbreads** between plates. Drizzle with **hot honey** to taste (or omit). Serve **Brussels sprout salad** on the side. Enjoy!





## Nutrition Facts

2 Servings per container

**Serving size** (485g)

**Amount per serving**

**Calories** 810

	% Daily Value*
<b>Total Fat</b> 45g	58%
Saturated Fat 11g	55%
Trans Fat 0g	
<b>Cholesterol</b> 40mg	13%
<b>Sodium</b> 1330mg	58%
<b>Total Carbohydrate</b> 78g	28%
Dietary Fiber 7g	25%
Total Sugars 16g	
Includes 2g Added Sugars	4%
<b>Protein</b> 30g	
Vitamin D 1mcg	6%
Calcium 607mg	45%
Iron 4mg	20%
Potassium 805mg	15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### All ingredients in this recipe:

**Flatbreads** [enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, "00" flour, olive oil, yeast, contains less than 2% of: sea salt, natural mold inhibitors (cultured wheat starch, cultured wheat flour, vinegar), canola oil, wheat gluten, sugar, semolina flour, ground millet, sugar, salt, natural flavor, ascorbic acid], **Zucchini**, **Walnuts** [walnuts], **Mozzarella Cheese** [part-skim milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Italian Seasoning** [basil, rosemary, marjoram, oregano, thyme], **Honey** [honey], **Crushed Red Pepper Flakes**, **Brussels Sprouts**, **Caesar Dressing** (Greek Yogurt [pasteurized organic whole milk, organic sweet cream buttermilk, living yogurt cultures: L. acidophilous, L. bulgaricus, S. thermophilus, and Bifidobacterium lactis], Granulated Garlic, Lemon Juice [lemon], Sunflower Oil [high oleic sunflower oil], Parmesan Cheese [pasteurized cow's milk (cheese cultures, salt, and enzymes), cellulose (to prevent caking) and potassium sorbate ], Sea Salt, Black Pepper, Worcestershire Sauce [organic apple cider vinegar, molasses, wheat-free tamari (water, soybeans, salt), filtered water, cane sugar, salt, lemon juice concentrate, ginger puree, tamarind, chili pepper, garlic powder, xanthan gum, shiitake mushrooms, allspice, cloves, orange extract, lemon extract, smoke flavor, onion oil], Agave [organic agave syrup], Ascorbic Acid [ascorbic acid]), **Yellow Onion**, **Ricotta Cheese** [whole milk, skim milk, starter, trace of salt]

### Allergen information:

Contains Milk, Soy, Tree Nuts And Wheat

*Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.*

*Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.*