

# APPLE & WHITE CHEDDAR FLATBREADS

*sweetened balsamic onion, lemon honey ricotta, walnuts*

**COOK TIME**  
30 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
930

Ricotta's rich, creamy texture and mild, milky flavor make it perfect for use in both savory and sweet foods. Tonight, we combine the two! Toasty flatbreads are slathered with lemon honey ricotta (kicked up with a pinch of chili flakes), topped with balsamic-spiked sautéed onion and apple, shingled with fresh apple slices, and sprinkled with white cheddar cheese and applewood-smoked sea salt. The dynamic flatbreads are finished with a shower of toasted walnuts for a buttery crunch.

**INGREDIENTS (11 ITEMS)**

- ½ oz **Walnuts** T
- 1 whole **Yellow onion**
- 1 whole **Fuji apple**
- 1 whole **Lemon**
- 2¼ oz **Sweetened balsamic vinegar**
- 2 whole **Flatbreads** W
- 4 oz **Ricotta cheese** M
- ½ oz **Honey**
- ½ tsp **Crushed red pepper flakes**
- 4 oz **White cheddar cheese** M
- ¾ tsp **Applewood-smoked sea salt**

**WHAT YOU'LL NEED**

- medium sauté pan
- baking sheet
- mixing bowls
- measuring spoons
- microplane
- oven mitt
- cooking & olive oils
- 1 tbsp butter M
- salt & pepper

**ALLERGENS**

- T TREE NUTS (walnuts)
- W WHEAT
- M MILK

**COOKING FOR 4** 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://www.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 425 degrees.
- Roughly chop **walnuts** if necessary.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Slice remaining half lengthwise into strips, about ¼ inch thick.
- Stand **Fuji apple** upright and cut off sides around core; discard core. Cut **apple** widthwise into slices, about ¼ inch thick.
- Zest half of the **lemon** with a microplane (or on small holes of a box grater) over a small bowl. Quarter **lemon**. Squeeze juice from 1-2 **lemon wedges** over a second small bowl, removing any seeds.

**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, medium sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **walnuts** to a plate.

3 **SAUTÉ ONION & APPLE**

- Heat about 1 tablespoon cooking oil in pan used for walnuts over medium-high heat. Add **onion** to hot pan. Season lightly with salt and pepper. Cook 3-4 minutes, or until onion begins to soften, stirring occasionally.
- Reduce heat to medium low. Add **sweetened balsamic vinegar** and about half of the **apple**. Cook 5-6 minutes, or until balsamic vinegar has reduced by half, stirring occasionally.
- Remove from heat. Add 1 tablespoon butter. Stir until butter melts.

4 **TOAST FLATBREADS**

- Place **flatbreads** on a lightly oiled, foil-lined baking sheet. Bake 5-7 minutes, or until flatbreads are lightly toasted. (You'll finish the flatbreads in Step 6.)

5 **MAKE LEMON HONEY RICOTTA**

- Place **ricotta cheese**, **honey**, **lemon zest**, about 1 tablespoon olive oil, and about ½ tablespoon **lemon juice** in a medium bowl. Season with **crushed red pepper flakes\*** to taste, about ¼ teaspoon salt, and a pinch of pepper. Stir to combine.

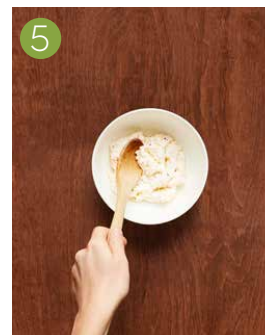
*\*If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.*

6 **FINISH FLATBREADS**

- Spread **lemon honey ricotta** over **flatbreads**. Top with **sautéed onion and apple**. Shingle remaining **apple slices** on top. Sprinkle with **white cheddar cheese** and **applewood-smoked sea salt**.
- Bake 2-3 minutes more, or until cheese melts.

7 **PLATE YOUR DISH**

- Quarter **flatbreads**.
- Divide **apple and white cheddar flatbreads** between plates. Garnish with **walnuts**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (453g)

Amount per serving

**Calories** **940**

	% Daily Value*
<b>Total Fat</b> 52g	67%
Saturated Fat 21g	105%
Trans Fat 0g	
<b>Cholesterol</b> 90mg	30%
<b>Sodium</b> 1650mg	72%
<b>Total Carbohydrate</b> 89g	32%
Dietary Fiber 6g	21%
Total Sugars 27g	
Includes 5g Added Sugars	10%
<b>Protein</b> 33g	
Vitamin D 1mcg	6%
Calcium 719mg	60%
Iron 3mg	15%
Potassium 430mg	10%

\* 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], **Fuji Apple**, **Mild White Cheddar** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Walnuts** [walnuts], **Yellow Onion**, **Ricotta Cheese** [whole milk, skim milk, starter, trace of salt], **Lemon**, **Honey** [honey], **Applewood-Smoked Sea Salt**, **Crushed Red Pepper Flakes**, **Sweetened Balsamic Vinegar** (Balsamic Vinegar [wine vinegar, concentrated grape must, caramel color], Agave [organic agave syrup])

### Allergen information:

Contains Milk, 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.*