



# SQUASH & MOZZARELLA FLATBREADS

*pine nuts, honey, crushed red pepper flakes, kale salad*

**COOK TIME**  
25 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
690

**MENU**  
FAST & FIT

These crispy, veggie-strewn flatbreads strike the perfect balance of sweet and savory. Coming together in just 25 minutes, they're topped with tender yellow squash, gooey mozzarella, toasty pine nuts, spicy red pepper flakes, and a drizzle of honey. A tender kale salad tossed with carrots, dried cranberries, and a lemony vinaigrette adds refreshing brightness to the meal.

## INGREDIENTS (11 ITEMS)

- 1 whole **Yellow squash**
- 1 whole **Shallot**
- 4 oz **Fresh mozzarella cheese** M
- 2¾ oz **Green kale**
- ½ oz **Pine nuts** T
- 2 whole **Flatbreads** W
- 1¼ oz **Lemon-chive vinaigrette** T
- 1¾ oz **Carrots**
- 1 oz **Dried cranberries**
- ½ oz **Honey**
- ½ tsp **Crushed red pepper flakes**

## WHAT YOU'LL NEED

- large sauté pan
- baking sheet
- medium bowl
- measuring spoons
- oven mitt
- cooking oil
- salt & pepper

## ALLERGENS

- M MILK
- T TREE NUTS (coconut, pine nuts)
- W WHEAT



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 400 degrees.
- Trim ends off **yellow squash\***; discard. Halve lengthwise. Lay flat and slice across into half-moons, about ¼ inch thick.
- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.
- Medium dice **fresh mozzarella cheese** into pieces, about ½ inch each.
- Remove and discard any thick stems from **green kale\***. Roughly chop leaves into bite-size pieces.

*\*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 PINE NUTS**

- Place **pine nuts** in a dry large sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **pine nuts** to a plate.

3 **SAUTÉ SQUASH & SHALLOT**

- Heat 2 teaspoons cooking oil in pan used for pine nuts over medium-high heat. Add **squash** and **shallot** to hot pan. Lightly season with salt and pepper. Cook 3-4 minutes, or until squash is softened, stirring occasionally.

4 **START FLATBREADS**

- Place **flatbreads** on a lightly oiled, foil-lined baking sheet. Lightly season with salt and pepper. Top with **squash and shallot** and **mozzarella**.
- Bake 8-10 minutes, or until cheese melts and flatbreads are golden brown. (You'll finish the flatbreads in Step 6.)

5 **MAKE SALAD**

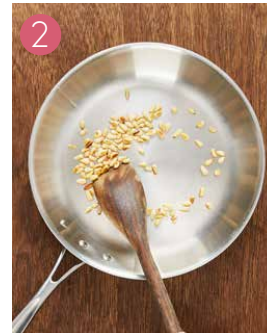
- Place **kale** in a medium bowl. Drizzle with about 1 tablespoon of the **lemon-chive vinaigrette**. Lightly season with salt. Massage until leaves soften.
- Add **carrots** and **dried cranberries**. Drizzle with remaining **vinaigrette** to taste. Toss to combine. Season with salt and pepper to taste.

6 **FINISH FLATBREADS**

- Drizzle **honey** over **flatbreads**. (**Careful! Baking sheet is hot!**) Sprinkle with **pine nuts**.

7 **PLATE YOUR DISH**

- Quarter **flatbreads**.
- Divide **squash and mozzarella flatbreads** between plates. Sprinkle with **crushed red pepper flakes** to taste (or omit). Serve **kale salad** on the side. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (380g)

Amount per serving

**Calories** **690**

	% Daily Value*
<b>Total Fat</b> 33g	42%
Saturated Fat 10g	50%
Trans Fat 0g	
<b>Cholesterol</b> 40mg	13%
<b>Sodium</b> 920mg	40%
<b>Total Carbohydrate</b> 82g	30%
Dietary Fiber 7g	25%
Total Sugars 26g	
Includes 10g Added Sugars	20%
<b>Protein</b> 20g	
Vitamin D 1mcg	6%
Calcium 490mg	40%
Iron 4mg	20%
Potassium 715mg	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:

**Yellow Squash, Pine Nuts** [pine nuts], **Mozzarella Cheese** [pasteurized whole milk, vinegar, enzymes, salt], **Shallot, Honey** [honey], **Crushed Red Pepper Flakes, Carrots, Lemon-Chive Vinaigrette** (Chives, Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Apple Cider Vinegar [apple cider vinegar], Lemon Juice [lemon], Coconut Nectar [coconut tree sap], Sea Salt, Black Pepper, Olive Oil [olive oil]), **Dried Cranberries** [cranberries, cane sugar, sunflower oil], **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], **Green Kale**

### Allergen information:

Contains Wheat, Tree Nuts And Milk

*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.*

