



**GREEN  
CHEF**

# GREEK SALAD FLATBREADS

*hummus, kale, tomato, olives, feta cheese, herby sour cream*

## COOK TIME

30 MIN

## SERVINGS

2

## CALORIES PER SERVING

890

## MENU

VEGETARIAN

Bread is the only thing that's flat in this dish. Everything piled on top is exciting and full of flavor. The flatbreads are spread with hummus that's jazzed up with dates, oregano, and garlic. Then they're topped with caramelized veggies, melty mozzarella, and briny feta cheese. For a healthy dose of freshness, Greek kale salad is piled on top. The final touch is a drizzle of lemon-dill sour cream.

## INGREDIENTS (12 ITEMS)

1 whole	<b>Red onion</b>
¾ oz	<b>Dates</b>
2¾ oz	<b>Lacinato kale</b>
1 whole	<b>Roma tomato</b>
⅞ oz	<b>Kalamata olives</b>
1 oz	<b>Roasted red peppers</b>
2 tsp	<b>Oregano-garlic seasoning</b>
2 whole	<b>Flatbreads</b> <small>W</small>
4 oz	<b>Hummus</b>
2¾ oz	<b>Sour cream with lemon &amp; dill</b> <small>M</small>
2 oz	<b>Feta cheese</b> <small>M</small>
2 oz	<b>Mozzarella cheese</b> <small>M</small>

## WHAT YOU'LL NEED

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

## ALLERGENS

W WHEAT  
M MILK



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.
- Cut ends off **red onion** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.
- Small dice **dates** into pieces, about ¼ inch each.
- Remove and discard any thick center stems from **lacinato kale\***. Roughly chop leaves into bite-size pieces.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Roughly chop **Kalamata olives**.

*\*To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).*

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

## CARAMELIZE VEGGIES

- Heat about 1 tablespoon cooking oil in a medium sauté pan over medium-high heat. Add **onion** to hot pan. Season with salt and pepper. Cook 3-4 minutes, or until lightly browned, stirring occasionally.
- Reduce heat to medium low. Add **roasted red peppers**, 1 teaspoon **oregano-garlic seasoning**, and about 2 tablespoons water. Cook 5-6 minutes, or until onion is browned, stirring occasionally.
- Remove from heat.

## 3

## TOAST FLATBREADS

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

## 4

## SEASON HUMMUS &amp; MIX SOUR CREAM

- Place **hummus**, **dates**, remaining **oregano-garlic seasoning**, and about 1 tablespoon olive oil in a small bowl. Stir to combine. Season with salt and pepper to taste.
- Place **sour cream with lemon and dill** in a second small bowl. Add water 1 teaspoon at a time until mixture reaches a drizzling consistency.

## 5

## MAKE SALAD

- Place **kale** and about 1 tablespoon olive oil in a medium bowl. Lightly season with salt. Massage until leaves soften.
- Add **tomato**, **olives**, and about half the **feta cheese**. Toss to combine. Season with salt and pepper to taste.

## 6

## BUILD &amp; BAKE FLATBREADS

- Drizzle olive oil over **flatbreads**. Season with salt and pepper. Rub to evenly coat.
- Spread **seasoned hummus** over **flatbreads**. Top with **caramelized veggies**, **mozzarella cheese**, and remaining **feta**.
- Bake 2-3 minutes, or until flatbreads are golden brown and cheese melts.
- Top with **kale salad** as desired. (**Careful! Baking sheet is hot!**) Drizzle with **herby sour cream** to taste.

## 7

## PLATE YOUR DISH

- Quarter **flatbreads**.
- Divide **Greek salad flatbreads** between plates. Serve any remaining **kale salad** on the side. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (438g)

**Amount per serving**

**Calories** 890

	% Daily Value*
<b>Total Fat</b> 51g	65%
Saturated Fat 16g	80%
Trans Fat 0g	
<b>Cholesterol</b> 70mg	23%
<b>Sodium</b> 1390mg	60%
<b>Total Carbohydrate</b> 83g	30%
Dietary Fiber 9g	32%
Total Sugars 16g	
Includes 1g Added Sugars	2%
<b>Protein</b> 28g	
Vitamin D 1mcg	6%
Calcium 601mg	45%
Iron 4mg	20%
Potassium 677mg	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], **Hummus** [organic garbanzo beans (dry organic chickpeas, water), organic tahini (ground organic sesame), organic extra virgin olive oil, organic garlic, organic lemon juice, sea salt, non-gmo citric acid, organic spices], **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Red Onion**, **Roma Tomatoes**, **Kalamata Olives** [kalamata olives, water, red wine vinegar, sea salt], **Mozzarella Cheese** [part-skim milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Lacinato Kale**, **Roasted Red Peppers** [bell pepper], **Dates** [organic dried pitted dates], **Lemon-Dill Sour Cream** (Sour Cream [cultured cream], Granulated Garlic, Lemon Juice [lemon], Black Pepper, Dried Dill, Sea Salt), **Oregano-Garlic Seasoning** (Dried Oregano, Granulated Garlic, Onion Powder, Dried Parsley)

### Allergen information:

Contains Milk 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.*