

Flat Out Delicious

Written by Debbi Covington
Tuesday, 17 June 2014 13:55



The spring catering season has been a whirlwind of annual meetings, cocktail parties and weddings. Even though I'm around food almost all of the time, I often get sidetracked and skip lunch. I recently discovered flatbreads in the deli section at Publix. They've been lifesavers for me!

Flatbreads are low in calories and are quick and easy to prepare. The recipes this week are for some of the flatbreads that I've tried over the past couple of months. Each recipe serves one person. If you're a bread person, try the same ingredients on an individual serving pizza crust, a tortilla, pita or naan bread. For a crispy crust, bake the flatbread on the lowest rack of your oven.

Â

Chicken and Goat Cheese Flatbread (above)

1 flatbread, naan or single pizza crust
Crumbled goat cheese
Deli chicken breast, torn
Shredded mozzarella cheese

Flat Out Delicious

Written by Debbi Covington
Tuesday, 17 June 2014 13:55

Sliced kalamata olives
Diced tomato
Jarred pizza sauce
Chopped green onion

Place flatbread on a lightly greased baking sheet. Top evenly with crumbled goat cheese, chicken, a small amount of mozzarella cheese (just enough to help the ingredients stay on the flatbread), kalamata olives and diced tomato. Bake on lowest rack of a preheated 350 degree oven until the cheese is melted and edges of the flatbread are lightly browned. Remove from oven. Drizzle with pizza sauce and garnish with chopped green onion. Serves 1.

Â

Pimento Cheese and Tomato Flatbread



1 flatbread, naan or single pizza crust
Pimento cheese
Tomato, thinly sliced

Place flatbread on a lightly greased baking sheet. Spread evenly with a small amount of pimento cheese. Top with tomato slices. Bake on lowest rack of a preheated 350 degree oven until the pimento cheese is melted. Serves 1.

Flat Out Delicious

Written by Debbi Covington
Tuesday, 17 June 2014 13:55

Â

Â

Â

Â

Cajun Shrimp Flatbread



Medium shrimp, peeled and deveined
Butter
Cajun seasoning
1 flatbread, naan or single pizza crust
Shredded mozzarella cheese
Diced tomato
Italian parsley, chopped

Flat Out Delicious

Written by Debbi Covington
Tuesday, 17 June 2014 13:55

Saute shrimp in melted butter. Season with cajun seasoning. Drain on paper towels. Place flatbread on a lightly greased baking sheet. Sprinkle with shredded mozzarella cheese. Top with cooked shrimp. Bake on lowest rack of a preheated 350 degree oven until cheese is melted. Remove from oven. Garnish with diced tomato and chopped parsley. Serves 1.

Â

Â

Turkey and Cheddar Flatbread



1 flatbread, naan or single pizza crust
Jarred pizza sauce
■ Shredded white cheddar cheese ■
Deli turkey slices

Place flatbread on a lightly greased baking sheet. Spread evenly with a small amount of pizza sauce. Top with shredded cheddar cheese and turkey slices. Bake on lowest rack of a preheated 350 degree oven until cheese is melted. Serves 1.

Flat Out Delicious

Written by Debbi Covington
Tuesday, 17 June 2014 13:55

Â

Â

Â

Beef and Blue Cheese Flatbread



1 flatbread, naan or single pizza crust

▯ Bottled horseradish sauce ▯

Blue cheese crumbles

▯ Shredded swiss cheese ▯

Sliced beef tenderloin, steak or deli beef▯

Flat Out Delicious

Written by Debbi Covington
Tuesday, 17 June 2014 13:55

Diced tomato □
Chopped Italian parsley □

Place flatbread on a lightly greased baking sheet. Spread evenly with a small amount of horseradish sauce. Top evenly with crumbled blue cheese, a small amount of swiss cheese (just enough to help the ingredients stay on the flatbread), and beef tenderloins. Bake on lowest rack of a preheated 350 degree oven until the cheese is melted and edges of the flatbread are lightly browned. Remove from oven. Garnishg with diced tomato and chopped parsley. Serves 1.

Â

Â

Â

Â

Jalapeno and Cheese Flatbread

Flat Out Delicious

Written by Debbi Covington
Tuesday, 17 June 2014 13:55



~~Recipe: Flatbread Pizza with Jalapeños. Serves 4. Low carb, gluten free, and dairy free. This recipe is from the book "Flatbread Pizza" by Debbi Covington. It is a delicious and easy-to-make recipe that is perfect for a quick meal or a snack. The recipe is written by Debbi Covington and is the author of two cookbooks, "Flatbread Pizza" and "Flatbread Pizza 2.0".~~



~~With 15 years of experience in the food industry, Debbi Covington is a professional chef and a passionate home cook. She has authored two cookbooks, "Flatbread Pizza" and "Flatbread Pizza 2.0", which are available on Amazon. She is also a frequent contributor to various food blogs and has been featured in several food magazines. Debbi is a member of the International Association of Culinary Professionals and the National Association of Professional Chefs. She is currently working on her third cookbook, "Flatbread Pizza 3.0".~~