



Simple, Seasonal, Sustainable

Recipe of the Week

Roasted Tomato-Leek Flatbread with Gruyere

Ingredients:

- 2 cups red and yellow cherry tomatoes, halved
- 3 tablespoons olive oil
- 1 tablespoon of rosemary or thyme
- ¼ teaspoon salt
- Pinch of black pepper
- 1 medium leek, washed well and thinly sliced
- 1 clove garlic, minced
- ¼ cup cornmeal
- 1 (14-ounce) refrigerated whole-grain pizza dough
- ¼ pine nuts or silvered almonds
- 1 cup shredded gruyere cheese

Serves 8

310 calories, 17 g fat, 4.5 g saturated fat,
31 g carbohydrate, 3 g fiber, 10 g protein,
400 mg sodium

Source: Academy of Nutrition and Dietetics
Complete Food and Nutrition Guide

Directions:

1. Preheat the oven to 350°F.
2. Toss the cherry tomatoes with 1 tablespoon olive oil, herbs de Provence, salt and pepper. Arrange on a baking sheet lined with parchment paper. Roast in the oven for 1 minute. Remove from the oven; set aside. (Note: This can be done ahead; roasted tomatoes can be frozen and also used in salad, quiche and salsa.)
3. Meanwhile, heat 1 tablespoon olive oil in a 10-inch nonstick skillet over medium heat. Add the leeks and garlic. Cook and stir uncovered for about 3 minutes, or until slightly softened.
4. Turn the oven up to 400°F.
5. To make the crust, dust a 15-inch pizza tray or stone, or a greased non-stick cookie sheet, with cornmeal. Unroll the dough, arranging it over the cornmeal. Brush the dough with the remaining 1 tablespoon olive oil.
6. Layer the roasted cherry tomatoes, leek, garlic and pine nuts or almonds on the unbaked crust. Top with gruyère cheese. Bake for 20 to 25 minutes, or until the crust is golden brown.
7. Remove from the oven; allow the flatbread to sit for about 10 minutes before slicing.

