

CRANBERRY, PEAR AND WALNUT FLATBREAD

Higher Fiber, Lower Sodium, Vegetarian

Serves: 4 (Serving = 1 flatbread)

Nutrition (per serving)

Calories: 273

Total Fat: 11.5 g

Saturated Fat: 6 g

Sodium: 314 mg

Total Carbohydrate: 36 g

Dietary Fiber: 6 g

Total Sugars: 22 g

Protein: 13 g

Ingredients

- 1 bosc pear
- 4 whole wheat pitas
- 4 ounces goat cheese
- 1/4 cup chopped walnuts
- 1½ cup arugula
- 1/4 cup dried cranberries
- 2 Tablespoons honey
- 2 Tablespoons balsamic vinegar



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Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. Thinly slice bosc pear on cutting board.
3. Bake pitas on baking sheet for 3-4 minutes or until warm.
4. Spread 1 ounce goat cheese evenly on each pita. Place 1 Tablespoon chopped walnuts on each pita and top with $\frac{1}{4}$ cup sliced pear and $\frac{1}{3}$ cup arugula. Sprinkle each flatbread with 1 Tablespoon dried cranberries.
5. Whisk together honey and balsamic vinegar in small bowl and drizzle over flatbread (about 1 Tablespoon per flatbread). Cut and serve warm.



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