

## Mediterranean Flatbread

How many yummy flavors can you put on one flatbread? We're rubbing a delicious sage glaze over fresh pizza dough, and then topping it with crispy kale, dates, capers and plenty of gouda cheese. A final drizzle of glaze on top finishes off this sunny, sophisticated flatbread.

**35** *Minutes to the Table*

**10** *Minutes Hands On*

**2 Whisks** *Easy*

### Getting Organized

#### EQUIPMENT

Rimmed Baking  
Sheet

#### FROM YOUR PANTRY

Flour  
Olive Oil  
Salt & Pepper

#### 5 MEEZ CONTAINERS

Kale  
Pizza Dough  
Sage Glaze  
Gouda & Mozzarella  
Dates & Capers

### Make The Meal Your Own

**Omnivore's Option** – Shrimp is a tasty addition. Add it in the last 10 minutes of cooking, tucked under the cheese.

**Cooking with a picky eater?** Skip the dates and capers on their portion.

### Good To Know

**If you're making the vegan version**, we've left the cheese out of your meal.

**Health snapshot per serving** – 900 Calories, 22g Protein, g Fiber, 32 Smart Points

**Lightened up snapshot** – 590 Calories, 32g Fat and 21 Smart Points with half the cheese and half of the glaze.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Kale, Whole Wheat Pizza Dough, Olive Oil, Gouda Cheese, Mozzarella Cheese, Dates, Cider Vinegar, Brown Sugar, Capers, Herbs and Spices

meez *meals*

### 1. Getting Organized

Preheat your oven to 400 and take the pizza dough out of the refrigerator.

*Don't forget to take out the dough. Warmer dough is easier to work with!*

### 2. Bake the Kale

Put the **Kale** on a baking sheet and drizzle with 1 Tbsp olive oil, 1 Tbsp of water, and a generous pinch of salt. Toss well and bake until it starts to crisp, about 12 to 15 minutes.

### 3. Assemble the Flatbread

While the kale is cooking, shape your **Pizza Dough**. Sprinkle your counter with a little flour and stretch the dough into shape. The size and thickness are up to you, but we target about 1/4" thickness.

*We usually make two-person pizzas – ours are about 8' wide and 14" long.*

Spread 1/3 of the **Sage Glaze** over the dough, rubbing it in with your fingers and making sure to spread it all the way to the edges. Top with the baked kale, pushing it down on to the dough a bit.

*We may have given you extra toppings, don't worry! They make a great side dish!*

Top with the **Gouda & Mozzarella, Dates & Capers** and half of the remaining sage glaze. Bake until the crust is golden brown and the cheese melts, about 15 to 20 minutes.

Drizzle extra glaze on top to taste. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \***