

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.

2. Bake the Kale

Put the **Kale** on a baking sheet and drizzle with olive oil 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 the baking sheet with flour and stretch the dough into shape. The size and thickness are up to you, but we target about 1/4" thickness.

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.

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!

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

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

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

Love this recipe? #meezmagic

Instructions for two servings.

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