

# CRANBERRY, PEAR AND WALNUT FLATBREAD

*Higher Fiber, Lower Sodium, Vegetarian*

*Serves: 4 (Serving = 1 flatbread)*

## **Nutrition (per serving)**

Calories: 273	Total Carbohydrate: 36
Total Fat: 11.5 g	Dietary Fiber: 6 g
Saturated Fat: 6 g	Total Sugars: 22 g
Sodium: 314 mg	Protein: 13 g

## **Ingredients**

- 1 bosc pear
- 4 whole wheat pitas
- 4 ounces goat cheese
- 1/4 cup chopped walnuts
- 1 1/3 cup arugula
- 1/4 cup dried cranberries
- 2 Tablespoons honey
- 2 Tablespoons balsamic vinegar

## 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.