



APPLE, CHEDDAR & PARSLEY PESTO FLATBREAD

SHOPPING LIST

Serves 4-6

Parsley Pesto

- 1 cup packed fresh flat-leaf Italian parsley
- ½ cup walnuts, lightly toasted
- ⅓ cup extra-virgin olive oil
- 1½ tablespoons fresh lemon juice
- ½ teaspoon lemon zest
- 1 small garlic clove
- ¼ teaspoon dried sage or 1 small fresh sage leaf
- Salt pepper to taste

Flatbread

- 4 whole-grain lavash flatbreads or 6 whole-wheat pitas
- 2 medium apples, thinly sliced
- 2 cups finely chopped lacinato kale
- ½ small red onion, very thinly sliced
- 1½ cups shredded sharp cheddar cheese
- 1 tablespoon extra-virgin olive oil

Optional protein: chicken sausage or shredded chicken

Apple suggestions: Choose a crisp, sweet-tart apple such as Cosmic Crisp, Honeycrisp or Pink Lady.

They say an apple a day keeps the doctor away, and while there's no single food that can do it all, there's a reason apples have earned their reputation. Full of fiber and other plant nutrients, this savory-sweet flatbread pairs crisp apples with sharp cheddar, walnut-parsley pesto, kale, and whole-grain lavash for a delicious take on apples as part of the meal, not just a snack.

DIRECTIONS

- 1 Preheat the oven to 425°F. Line baking sheets with parchment paper.
- 2 To prepare the pesto, add the parsley, walnuts, garlic, lemon juice, lemon zest, sage, salt, and black pepper to a food processor or high-powered blender. Pulse until finely chopped. With the processor running, slowly drizzle in the olive oil. Add 1-2 tablespoons of water as needed until the pesto is spreadable but still slightly textured. Taste and adjust seasoning.
- 3 In a large bowl, combine the chopped kale and thinly sliced red onion. Drizzle with 1 tablespoon olive oil and season with a small pinch of salt and freshly ground black pepper. Toss well, gently massaging the kale with your hands for about 30 seconds to soften it.
- 4 Place the lavash or whole-wheat pitas on a baking sheet. Spread 2-3 tablespoons of parsley pesto evenly over each flatbread. Top with the kale and red onion mixture, followed by the sliced apples. Sprinkle the shredded cheddar evenly over the top.
- 5 Bake for 8-12 minutes, or until the edges are crisp and the cheddar is melted and lightly golden. Slice and serve warm.

APPLE SPOTLIGHT

Apples are rich in quercetin, a flavonoid concentrated in the skin. Quercetin is a type of polyphenol that helps protect plants from environmental stress and acts as an antioxidant in the body.

One medium apple has about **4 grams of fiber**, including pectin, a type of soluble fiber that helps support digestive health and can contribute to healthy cholesterol levels. Keeping the skin on keeps more of the apple's fiber and beneficial plant compounds.

Did you know? Apples have been part of the human diet for thousands of years, with their origins tracing back to Central Asia. Today, there are over 7,500 known apple varieties around the world!

PRO TIP

Pair this flatbread with butternut squash soup for an extra cozy fall meal.

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