shaved brussels sprout, kale and apple flatbread



featured product:
spring mix plus

we top and roast a flatbread with brussels sprouts, kale, apples, and walnuts, and then drizzle it with a honey mustard vinaigrette. the meal comes together in about 20 minutes, and is great to plan for a quick meal or snack at home. serve warm or at room temperature. it's an easy vegan staple that you'll want to make again and again.

ingredients

yields: 2 large flatbreads

for the flatbreads:
2 cups (½ lb) brussels sprouts, trimmed and thinly sliced
½ package (9 oz.) **organicgirl baby kale**
1 pink lady apple, quartered and thinly sliced
½ cup walnuts, toasted and chopped
2 flatbreads
2 tablespoons olive oil

for the honey mustard dressing:
1 tablespoon honey
1 teaspoon dijon mustard
1 teaspoon apple cider vinegar
2 tablespoons olive oil
¼ teaspoon fine sea salt
¼ teaspoon freshly ground black pepper

directions

1. preheat the oven to 375?. in a large bowl, combine the brussels sprouts, baby kale, apple slices and walnuts. add to flatbread and drizzle with the olive oil.

2. bake the flatbread for 15 minutes, until the brussels sprouts turn lightly golden.

3. while the flatbread is baking, whisk together the honey, mustard, apple cider vinegar, and olive oil. season with the salt and pepper.

4. remove the flatbread from the oven and drizzle with the honey mustard dressing. slice into rectangles, and serve while hot.

nutrition

Calories per 4 serving- 522
Fat per 4 serving- 25.75
Cholesterol per 4 serving- 0
Sodium per 4 serving- 758.25
Carbohydrates per 4 serving- 61.25
Added Sugars per 4 serving- 3.5
Protein per 4 serving- 11.25
Total Sugar per 4 serving- 8.25