

Meal Kit List

Week 5: Flatbread Pizza and Side Salad

Fruit:

- no fruits this week

Vegetables:

- 1 crown broccoli- \$1.49 per crown
- 2 bell peppers- \$1.99 each
- 1 bag of spring mix
\$1.50 per 5 ounce bag
- 1 tomato- \$0.36 each
- 1 cucumber- \$0.67 each

Protein:

- no protein this week

Dairy:

- 1 bag part-skim mozzarella
\$2.39 per 8 ounce bag

Grains:

- Flatbread, Flatout Brand Wheat
\$3.29 per bag of 6

Herbs, Spices & More:

- Marinara Sauce
\$0.99 per jar
- 1 garlic bulb
\$0.42 per bulb
- Kens Simply Balsamic Vinaigrette
\$2.79 per bottle

Grocery cost: \$17.88

Recipe cost: \$16.49

Cost per meal: \$2.75

*prices found at your local Wegmans store


Healthy Options[®]
at Home

COOKING FOR SUCCESS

Flatbread Pizza with a side salad

Week 5 Recipe



Ingredients:

- 6 Flatbread- Flatout brand- wheat
- 1 1/4 Cup smooth marinara
- 1 cup part skim mozzarella
- 1/3 cup garlic, minced
- 1 green pepper, chopped
- 1 large crown broccoli, chopped

For the Salad:

- 1 5oz bag of Wegmans Spring Mix
- 1 orange or yellow bell pepper
- 1 tomato, chopped
- 1 Cucumber, chopped
- 2 Tbsp. Balsamic Vinaigrette per serving. Optional Homemade:
 - 1/4 cup olive oil, 3 Tbsp. Balsamic Vinegar , 3/4 tsp honey, 1 head garlic minced and 1 tsp. pepper.

Directions:

1. Preheat oven to 375F.
2. Bring 3 cups water to boil in a large pot. Add Broccoli and cook for 2 minutes. Chop when cooled down.
3. Spread marinara over the flatbread.
4. Sprinkle with 1/4 cup cheese each.
5. Top with as many veggies as you want, the greener the better!
6. Bake for 10-15 minutes.
7. Wash and chop veggies for salad. Place in a mixing bowl and toss with salad dressing.
8. Enjoy!

Nutrition Facts

servings per container
Serving size 1 Flatout Bread
 with side salad

Amount per serving
Calories **330**

	% Daily Value*
Total Fat 19g	24%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 660mg	29%
Total Carbohydrate 30g	11%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 301mg	25%
Iron 2mg	10%
Potassium 230mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.