

Sandwiches

Caramelized Onion Flatbread

Integrated Marketing Services - Apopka, FL

Servings: 12

Preparation Time: 15 minutes

Cook time: 35 minutes

1 package (13.8 ounce) refrigerated pizza dough
3 teaspoons olive oil, divided
1 tablespoon unsalted butter
2 large red onions, sliced 1/4-inch thick
1 teaspoon dried thyme
1 tablespoon honey
1 tablespoon balsamic vinegar
1/2 package (5.2 ounce) garlic-herb spreadable Gournay cheese
fresh chopped herbs (optional)

Preheat the oven to 425 degrees.

Coat a baking sheet with nonstick cooking spray.

For the flatbread, unroll the pizza dough onto a baking sheet, pressing out to a 13x10-inch rectangle. Brush one tablespoon of the oil over the top of the dough.

Bake for 10 minutes or until golden brown.

Remove from the oven. Place on a cooling rack. Let cool.

For the caramelized onions: In a large skillet heat the remaining two teaspoons of oil over medium-high heat for one minute or until hot. Add the butter and melt. Add the onions, thyme, salt and pepper to taste. Cook 5 to 8 minutes without stirring.

Reduce the heat to medium. Stir in the honey and vinegar. Cook for 15 to 20 minutes or until caramelized, stirring occasionally. Remove the skillet from the heat. Let cool slightly.

Spread the cheese over the top of the flatbread. Spread the onions evenly over the cheese.

Cut into squares, sprinkle with herbs (if desired), and serve.

Per Serving (excluding unknown items): 34 Calories; 2g Fat (53.1% calories from fat); trace Protein; 4g Carbohydrate; 1g Dietary Fiber; 3mg Cholesterol; 1mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.