

# Mushroom & Feta Flatbread Pizza

7 ingredients · 20 minutes · 2 servings



## Directions

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. Heat the oil in a skillet over medium-high heat. Cook the portobello with the salt and pepper for about five to eight minutes. Push the portobello to the side and add the shallots. Cook for one to two minutes or until browned and soft.
3. Top the flatbread with the arugula, portobello-shallot mix, and feta cheese. Transfer to the baking sheet and bake for eight to 10 minutes or until the flatbread is crispy. Cut into slices and enjoy!

## Notes

### Leftovers

Enjoy immediately for best results or refrigerate in an airtight container for up to two days. Re-toast before serving if preferred.

### Whole Wheat Flatbread

One flatbread is equal to approximately 52 grams or one medium-size piece of flatbread.

### Gluten-Free

Use brown rice tortillas instead of whole wheat flatbread and adjust the baking time accordingly.

### Dairy-Free

Use vegan cheese or omit completely.

### More Flavor

Add garlic, fresh or dried herbs, diced pear, or figs.

### Additional Toppings

Top with red pepper flakes or a drizzle of extra virgin olive oil.

## Ingredients

- 2 **tsps** Avocado Oil
- 3 **cups** Portobello Mushroom (sliced)
- Sea Salt & Black Pepper (to taste)
- 2 **tbsps** Shallot (sliced)
- 3 **2/3 ozs** Whole Wheat Flatbread
- 2 **cups** Arugula
- 1/2 **cup** Feta Cheese (crumbled)

## Nutrition

Amount per serving

<b>Calories</b>	335	Calcium	266mg
<b>Fat</b>	16g	Iron	2mg
Saturated	6g	Vitamin D	31IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	1g	Thiamine	0.2mg
Monounsaturated	5g	Riboflavin	1.1mg
<b>Carbs</b>	36g	Niacin	12mg
Fiber	9g	Vitamin B6	0.4mg
Sugar	6g	Folate	69µg
<b>Protein</b>	17g	Vitamin B12	0.6µg
Cholesterol	33mg	Phosphorous	388mg
Sodium	694mg	Magnesium	42mg
Potassium	1044mg	Zinc	2mg
Vitamin A	633IU	Selenium	46µg

Vitamin C

4mg