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Ricotta and Summer Squash Flatbread

Yield: 4 to 6 appetizer servings (12 pieces total)

Time: 15 min prep; 10 min cooking; 25 min total

2 flatbreads (the kind I use are roughly 7" x 9" each)

1 yellow summer squash

1 cup part skim ricotta cheese

2 tbsp. fresh parsley, coarsely chopped

1 tbsp. fresh lemon zest

1 tbsp. olive oil

½ tsp. salt

¼ tsp. pepper

¾ cup freshly grated Parmesan cheese

½ cup grated mozzarella cheese



1) Preheat the oven to 400°F.

2) Slice the squash into very thin pieces. Toss with ¼ tsp. salt and set in a colander for 10-15 minutes. This helps to pull out some of the squash's natural moisture.

3) Place the flatbreads on a lightly greased cookie sheet. Lightly spray the tops of the flatbreads with cooking spray.

4) In a medium mixing bowl, combine the ricotta, parsley, lemon zest, olive oil, remaining ¼ tsp. salt, and pepper. Stir until well mixed. Fold in ½ cup of the Parmesan cheese and ¼ cup of the mozzarella cheese. Distribute the ricotta mixture evenly between the two flatbreads. Using the back of a spoon or a spatula, spread it over the entire surface of the flatbreads, all the way to the edges. Sprinkle the remaining Parmesan and mozzarella cheeses on top of the ricotta mixture, splitting the cheese evenly between the two flatbreads.

5) Bake at 400°F for 8 minutes, until cheese is bubbly. Broil on high for 1½ to 2 minutes, until parts of the cheese begin to turn slightly golden brown. Remove from the oven and allow to cool for 1-2 minutes. Transfer to a cutting board and cut into six pieces (3x2). Serve warm.