Hummus Flatbread with Sun-Dried Tomatoes, Spinach, and Pesto

Ingredients:

- 3 naan flatbread
- 1 10-ounce container Sabra roasted pine nut hummus
- 2.5 ounces baby spinach
- 1/4 cup sun-dried tomatoes, drained
- 2 tablespoons pine nuts
- 1/4 cup pesto sauce
- 1/3 cup feta cheese crumbles

Directions

1. Heat 2 teaspoons of olive oil in a skillet over medium heat
2. Add the spinach and cover. Cook until spinach is wilted, stirring occasionally, 2 minutes.
3. Toast the naan on a skillet or in the oven.
4. Smear the hummus liberally over the naan. Layer with sautéed spinach, sun-dried tomatoes, and pine nuts.
5. Drizzle with pesto sauce and sprinkle with cheese. Cut into pieces and serve.

Nutrition Facts

Serving Size (126g)
Servings Per Container 6

Amount Per Serving

Calories 310	Calories from Fat 140
	% Daily Value*
Total Fat 15g	**23%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 500mg	**21%**
Total Carbohydrate 33g	**11%**
Dietary Fiber 3g	**12%**
Sugars 3g	
Protein 10g	

Vitamin A 10% • Vitamin C 6%
Calcium 8% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Benteh Nuutah Valley Native Primary Care Center | Wellness Center
(907) 631-7630 | southcentralfoundation.com

Source: www.theroastedroot.net