



## Spinach Artichoke Flatbreads with Chicken (Serves 4)

1. Preheat oven to 425.
2. Heat olive oil in a large skillet over medium heat.
3. Cook onion, garlic and red pepper flakes (if using) until soft, about 5-7 minutes.
4. Stir in spinach and cook for 1-2 minutes or until just barely wilted.
5. Stir in cream cheese, sour cream, parmesan cheese and artichoke hearts.
6. Season with salt, pepper, Italian seasoning and garlic powder.
7. Remove from heat.
8. Meanwhile cook tortillas on baking sheets for 2-3 minutes on each side until they crisp up slightly.
9. Spread each tortilla with  $\frac{1}{4}$  of spinach artichoke mixture and top each with chicken strips and  $\frac{1}{4}$  -  $\frac{1}{2}$  cup mozzarella cheese.
10. Bake for 3-5 more minutes or until cheese is melted and bubbly.
11. Top with additional parmesan cheese if desired.

1 tablespoon olive oil  
1 medium onion, finely diced  
3 cloves garlic, minced  
dash of crushed red pepper flakes, optional  
6 oz fresh baby spinach, chopped  
2 oz. cream cheese  
 $\frac{1}{4}$  cup sour cream  
3 tablespoons grated parmesan cheese + more for topping pizzas  
1 can artichoke hearts, rinsed, drained and chopped  
 $\frac{1}{2}$  teaspoon sea salt  
freshly ground pepper, to taste  
 $\frac{1}{4}$  teaspoon Italian seasoning (optional)  
 $\frac{1}{4}$  teaspoon garlic powder  
1-2 cooked chicken breasts, thinly sliced (or use leftover or rotisserie chicken about 1  $\frac{1}{2}$  cups)  
1-2 cups shredded mozzarella  
4 whole wheat tortillas (I used large Ezekiel sprouted wheat tortillas)

\*I recommend using as many organic ingredients as possible but these are the ones that I think are most important.