



Grape & Feta Flatbread



1/2 of recipe: 270 calories, 4.5g total fat (2.5g sat. fat), 730mg sodium, 44.5g carbs, 2.5g fiber, 15.5g sugars, 12g protein

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Prep: 20 minutes **Cook:** 40 minutes



Ingredients

Toppings

2 tsp. light butter
2 cups sliced sweet onions
1/8 tsp. salt
1/3 cup halved red and/or green grapes
1/4 cup crumbled feta cheese
1 1/2 tsp. honey

Dough

1/2 cup self-rising flour
1/2 tsp. garlic powder
1/2 cup fat-free plain Greek yogurt

Directions

Melt butter in a skillet over medium-high heat. Add onions and salt. Stirring often, cook until softened and lightly browned, about 6 minutes.

Reduce heat to medium low. Stirring occasionally, cook until browned and caramelized, about 20 minutes.

Preheat oven to 450°F. Line a baking sheet with parchment paper.

In a large bowl, mix flour with garlic powder. Add yogurt. Mix until dough forms.

Shape dough into a rectangle on the baking sheet, about 9" X 5" and 1/4 inch thick. Bake for 5 minutes.

Top dough with caramelized onions, halved grapes, and cheese. Bake until cheese has lightly browned and crust is cooked through and crispy, about 7 minutes.

Serve drizzled with honey.

MAKES 2 SERVINGS

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