



MEDITERRANEAN HUMMUS FLATBREAD

Elevate your taste buds with this vibrant and wholesome Mediterranean delight! Using Rich's® Whole Grain Mini Flatbreads, this recipe combines creamy hummus, fresh cucumbers, juicy cherry tomatoes, tangy feta cheese, and savory black olives, all seasoned with a hint of black pepper and oregano.

Yield: 1 Flatbread

INGREDIENTS

- 2  4" Whole Grain Rich Mini Round Flatbread, 192 Ct, 1oz (#00828)
- 4 oz Hummus
- 2 tbsp. Diced Cucumber
- 2 tbsp. Cherry tomato, cut in half
- 2 tbsp. Crumbled Feta Cheese
- 1 tbsp. Black olives, sliced
- 1/4 tsp. Oregano
- 1/4 tsp. Black Pepper

DIRECTIONS

- 1 Preheat the oven to 350°F.
- 2 Spread 2 oz of hummus on each flatbread.
- 3 Top with 2 tbsp diced cucumbers, 2 tbsp halved cherry tomatoes, 2 tbsp crumbled feta cheese, and 1 tbsp sliced black olives on each flatbread.
- 4 Sprinkle with 1/4 tsp black pepper and 1/4 tsp oregano.



- 5 Bake for 8-10 minutes and serve warm.

CHEF NOTES

This recipe provides 2 oz grain eq. and 2 MMA per 1 flatbread in accordance with USDA guidelines for child nutrition.
