



Tasty Recipes

for

FlatOut Flatbreads



California Dreaming Foldit Club



- 1 Hungry Girl Traditional White Foldit Flatbread
- 2oz reduced sodium Applegate Farms No Salt Turkey
- 2 slices reduced-sodium turkey bacon
- 1/8 avocado
- 1 green lettuce leaf
- 2 slices tomato
- 1 Tbsp low fat spicy mayonnaise

Layer lettuce, tomato, turkey, avocado, bacon, and mayonnaise on half of HG Foldit. Fold in half and enjoy!

302 Cal, 26g Pro, 27g Carb, 5.7g Fiber, 11g Fat

Chicken Carver Sandwich Foldit



- 1 Hungry Girl Traditional White Foldit Flatbread
- 2-3 slices (3 oz) carved rotisserie chicken breast
- 1 Tbsp crumbled blue cheese
- 2 green lettuce leaves
- 2 slices tomato

Layer lettuce, tomato, chicken, cheese on half of HG Foldit. Fold and enjoy!

306 Cal, 34g Pro, 23g Carb, 4.8g Fiber, 9g Fat

Foldit Classic Turkey & Cheese



- 1 Hungry Girl traditional White Foldit Flatbread
- 2 oz reduced sodium Applegate Farms No Salt Turkey
- 1 slice 2% milk American Cheese
- 1 green lettuce leaf
- 2 slices tomato
- 2 slices cucumber

Layer lettuce, tomato, turkey, cucumbers, cheese on half of HG Foldit. Fold and enjoy!

251 Cal, 27g Pro, 23g Carb, 4.3g Fiber, 6g Fat

Microwave Ham & Cheese



- 1 traditional white Foldit
- 2 oz reduced sodium Applegate Farms Black Forest Ham
- 1 slice 2% cheddar cheese

Layer ham and cheese on half of Foldit. Fold and microwave for 25 seconds or until cheese melts.

234 Cal, 21g Pro, 20g Carb, 3g Fiber, 8g Fat

Very Veggie Pizza



- 1 Flatout Foldit 100% Whole Wheat with Flax
- 1/2 cup no-salt-added spaghetti sauce
- 1/3 cup shredded reduced fat mozzarella cheese
- 1/2 cup chopped tomatoes
- 1/4 cup chopped green pepper
- 2 Tbsp chopped fresh basil

Preheat oven to 350°F. Bake Foldit for 4 min. Remove and top with ingredients. Bake for additional 4 min.

364 Cal, 20g Pro, 42g Carb, 12.7g Fiber, 16g Fat

Thin Crust Sausage and Peppers Pizza



- 1 Flatout Thin Crust Flatbread Rustic White
- 1/4 cup pizza sauce
- 1/4 cooked sausage, crumbled
- 1/2 cup pepper slices
- 2 Tbsp Parmesan Cheese
- 1/2 cup Shredded Mozzarella Cheese

Preheat grill to 350°F. grill flatbread for 1-2 min. Remove and spread sauce on flatbread. Top with other ingredients and grill for 4 min.

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