

Chicken Sausage & Arugula Flatbreads

Servings: 2

From Coupon Kitchen

Ingredients

2 pieces Flatout flatbread

1/2 onion, sliced thin

1/2 package Italian chicken sausage, sliced on bias 1/4" thick

1/4 - 1/2 cup marinara or pizza sauce

1 cup 2% shredded Mozzarella cheese

1/2 cup arugula

1/2 tsp balsamic vinegar

1/2 tsp olive oil

1/4 tsp black pepper

Preparation

1) Preheat oven to 400 degrees.

2) Spray a large piece of aluminum foil with cooking spray and place flatbreads on it. Heat flatbreads in oven for about 5 minutes.

3) Meanwhile, coat a medium skillet with cooking spray. Brown onions over medium high heat for 5 minutes. Reduce heat, cook an additional 8 - 10 minutes until nicely caramelized.

4) Spread sauce over each flatbread and top with mozzarella, caramelized onions and sausage slices. Return to oven and bake an additional 7-10 minutes or until cheese is melted and bubbly.

5) Mix arugula, balsamic vinegar, olive oil, and pepper in a small bowl. Top each flatbread with arugula mix and serve.