

PROSCIUTTO FIG JAM FLATBREAD



INGREDIENTS:

- 1 low carb tortilla
- 1/4 cup part skim ricotta
- 1 tbsp fig jam
- 1 oz prosciutto
- 1 dried fig
- handful of arugula
- 1/2 tbsp balsamic glaze

DIRECTIONS:

1. Pre heat oven to 350
2. Bake tortilla for 4-5 minutes on each side
3. While tortilla bakes, mix ricotta with fig jam
4. Once tortilla is done, spread ricotta fig mixture on the tortilla. Top the flatbread with prosciutto and sliced dried figs.
5. Bake for an additional 3-4 minutes.
6. Top with arugula and balsamic glaze.
7. Cut into 4 equal servings.

Enjoy!

Makes 4 Servings

Calories: 71 | Protein: 5 g | Carb: 10 g | Fat: 2 g | Fiber: 3