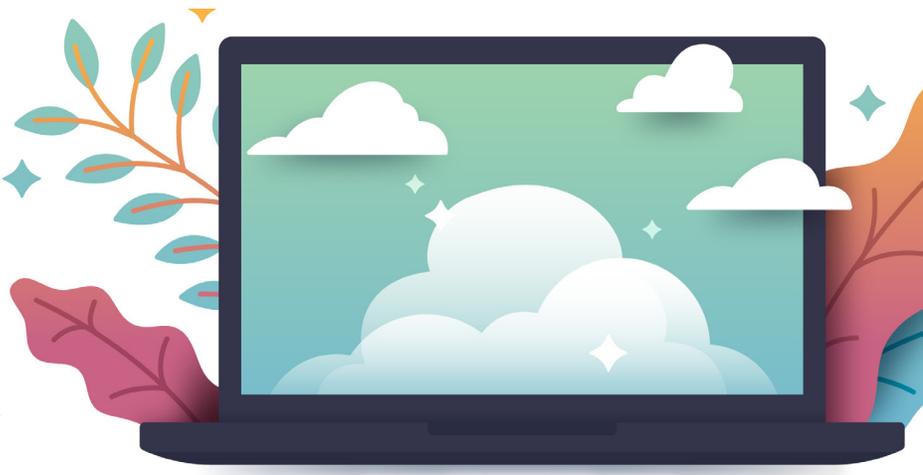


COOKING WITH CONFIDENCE

NATIONAL EATING DISORDERS AWARENESS WEEK

February 22-28, 2021



REMINDERS

- Assess your readiness
- Make time
- Create comfort
- Get situated
- Let's cook



INGREDIENTS

- 1 Kontos flatbread
- 2 T oil
- 2 oz brie, cheddar or mozzarella
- 3 oz deli turkey
- 1/4 cup pre-washed baby arugula
- 1 apple
- 2 tsp honey
- Salt and pepper

TURKEY & BRIE PITA PIZZA RECIPE

1. Pre-heat oven to 375 degrees.
2. Clean apple and cut into thin slices, set aside.
3. Roll turkey and slice into strips, set aside.
4. Cut brie into thin rectangle shapes, set aside.
5. Using a medium sized sauté pan, heat oil until hot. Gently place flatbread in oil and lightly brown each side.
6. Sprinkle a small amount of salt and pepper on fluffy side.
7. Remove from heat and place flatbread on paper towel to drain excess oil.
8. Place flatbread on a cookie sheet and evenly disperse arugula, turkey strips, brie, and apple slices on top of flatbread.
9. Drizzle honey over ingredients.
10. Place cookie sheet in oven for 10-15 minutes.
11. Remove pizza from oven and cut into desired pieces. Enjoy!

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