

Hot Honey Brussels & Ricotta Flatbread

Ingredients

- 2 to 3 flatbreads or pita breads
- 8 oz ricotta cheese
- 16 oz Brussels sprouts, shaved
- 1 tbsp Italian seasoning
- 1/2 cup Parmesan cheese, grated
- 1 cup Italian cheese blend
- 1 lemon, zest and juice
- Hot honey
- Olive oil
- Salt and pepper

Instructions

1. Preheat the oven to 400°F (200°C) if roasting the Brussels sprouts.
2. Toss the shaved Brussels sprouts with olive oil, salt, pepper, and half of the Italian seasoning.
3. Roast the Brussels sprouts for 10–12 minutes or pan-cook for 5–7 minutes until lightly golden.
4. Mix the ricotta with lemon zest, lemon juice, and the remaining Italian seasoning until smooth.
5. Drizzle the flatbreads with olive oil and bake for 3–5 minutes until lightly crisped.
6. Spread each flatbread with the ricotta mixture and top with the cooked Brussels sprouts.
7. Sprinkle Parmesan and Italian cheese blend evenly over the flatbreads.
8. Bake assembled flatbreads for 5–7 minutes until the cheese is melted and bubbly.
9. Drizzle with hot honey immediately after baking and slice to serve.

Note & Storage

- Store leftover flatbread in an airtight container in the refrigerator for up to 2 days.
- Reheat in a toaster oven or oven at 350°F (175°C) for a few minutes to restore crispiness.
- Avoid microwaving because it can make the bread soggy.
- Roast or sauté Brussels sprouts until lightly golden for the best flavor and texture.
- Naan, pita, lavash, or thin pizza dough all work well as flatbread bases.
- Substitute the cheese blend with mozzarella, provolone, fontina, or asiago if needed.
- Make hot honey by warming regular honey with red pepper flakes.