
Onion Flatbread

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12 ounces pizza dough
2 tablespoons olive oil
1/2 cup shredded Cheddar cheese
1/2 red onion, thinly sliced
sea salt
chopped parsley

Press twelve ounces of pizza dough into an 8-by-12-inch rectangle on a floured parchment-lined inverted baking sheet.

Rub with the olive oil. Top with the cheddar and red onion.

Slide the parchment onto a preheated pizza stone or baking sheet in a 475 degree oven.

Bake until browned, 9 to 11 minutes.

Top with sea salt and chopped parsley.

Breads, Muffins

Per Serving (excluding unknown items): 1242 Calories; 54g Fat (39.5% calories from fat); 36g Protein; 151g Carbohydrate; 3g Dietary Fiber; 59mg Cholesterol; 363mg Sodium. Exchanges: 9 1/2 Grain(Starch); 2 Lean Meat; 1 Vegetable; 9 1/2 Fat.