

SPINACH ARTICHOKE FLAT-BREAD



INGREDIENTS:

- 1 low carb tortilla (~110 cal)
- 2 oz chicken (cooked)
- 1/4 cup artichokes
- 1 cup spinach
- 1 oz goat cheese
- 1/2 tbsp balsamic glaze

DIRECTIONS:

1. Pre heat oven to 350 F
2. Place tortilla on foil and bake for 5 minutes. Flip and bake for an additional 3 minutes
3. Place spinach and artichokes on the tortilla. Top with the chicken and goat cheese.
4. Bake until edges start to brown and spinach wilts, ~5-10 minutes
5. Drizzle balsamic glaze

Enjoy!

Makes 1 Serving

Calories: 329 | Protein: 34 g | Carb: 40 g | Fat: 15 g | Fiber: 28 g