

CHEESE

California Flatbread

18 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
40 min	15 min	25 min	6	\$2.32	458 kcal



California Flatbread takes about 40 minutes from beginning to end. For \$2.32 per serving, this recipe covers 9% of your daily requirements of vitamins and minerals. One portion of this dish contains around 14g of protein, 29g of fat, and a total of 458 calories. This recipe serves 6.

Ingredients

- ☐ 3 cups baby arugula
- ☐ 6 ounces goat cheese, crumbled
- ☐ 6 servings Kosher salt and freshly ground pepper
- ☐ 1 pound store-bought pizza dough, at room temperature
- ☐ 1½ cups radish sprouts
- ☐ 4 slices bacon, chopped
- ☐ ½ Juice lemon
- ☐ 6 servings Extra-virgin olive oil, for brushing
- ☐ 3 plum tomatoes, sliced

EQUIPMENT Frying pan, Baking sheet, Paper towels, Oven, Slotted spoon

Method

- 1 Preheat the oven to 475 degrees F. Cook the bacon in a large skillet over medium heat until crisp, about 10 minutes.
- 2 Remove with a slotted spoon and drain on paper towels.
- 3 Add the tomatoes to the drippings in the pan and cook, turning once, until slightly softened, about 2 minutes.
- 4 Brush a large rimmed baking sheet with olive oil. Stretch the pizza dough to fit the pan (if the dough shrinks back, let it rest a few minutes before continuing). Prick the dough all over with a fork. Top with the tomatoes, reserving the bacon drippings.
- 5 Bake until the crust is golden brown, 12 to 15 minutes.
- 6 Remove the flatbread from the oven; top with the goat cheese. Season with salt and pepper. Toss the sprouts and arugula with 1/2 tablespoon of the reserved bacon drippings (rewarm, if necessary), the lemon juice, and salt and pepper. Top the flatbread with the greens and bacon.
- 7 Photograph by Anna Williams

Nutrition per serving

	458 KCAL	14 g PROTEIN	29 g FAT	38 g CARBS
Saturated Fat				8.7 g · 54% of daily needs
Fibre				1.7 g · 7% of daily needs
Sugar				6 g · 7% of daily needs
Sodium				947 mg · 41% of daily needs
Cholesterol				22.7 mg · 8% of daily needs
Vitamin C				9.5 mg · 11% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/california-flatbread-143464