



## Flatbread with Arugula, Asparagus, and Fried Eggs

READY IN



215 min.

SERVINGS



8

CALORIES



548 kcal

### Ingredients

- ☐ 0.5 ounce active yeast dry
- ☐ 3 cups all purpose flour
- ☐ 2 ounces arugula leaves plus additional packed () (for garnish)
- ☐ 8 ounces asparagus; stalks thick cut into 1/2-inch pieces, stalks cut into 1/4- to 1/3-inch pieces thin
- ☐ 0.3 teaspoon coarse kosher salt
- ☐ 8 servings cornmeal (for sprinkling)
- ☐ 2 large ears of corn husked
- ☐ 8 large eggs
- ☐ 8 ounces fingerling potatoes cooled cooked

- ☐ 0.7 cup peas fresh frozen thawed
- ☐ 4 garlic cloves coarsely chopped
- ☐ 1 tablespoon honey
- ☐ 0.5 cup olive oil plus additional extra-virgin (for brushing)
- ☐ 8 servings parmesan cheese shavings
- ☐ 0.8 cup ricotta cheese drained (not )
- ☐ 1 cup warm water divided ( ) (110°F to 115°F)

## Equipment

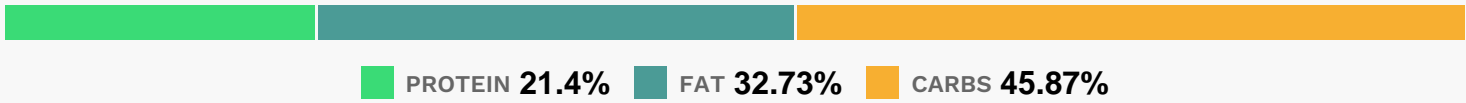
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ stand mixer
- ☐ microwave
- ☐ pizza stone

## Directions

- ☐ Place spinach in microwave-safe bowl.
- ☐ Sprinkle with water. Microwave until wilted, about 20 seconds.
- ☐ Drain, pressing on spinach to release liquid.
- ☐ Place spinach, 1 cup arugula, 1/2 cup oil, and garlic in blender. Blend until coarse puree forms.
- ☐ Transfer pesto to small bowl. Season to taste with salt and pepper. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- ☐ Stir 1/4 cup warm water and honey in small bowl. Stir in yeast.
- ☐ Let stand until foamy, about 10 minutes.
- ☐ Place flour and coarse salt in stand mixer fitted with dough hook attachment.

- ☐ Add 3/4 cup warm water and yeast mixture.
- ☐ Mix on medium speed until dough comes together and pulls away from sides of bowl, adding more water by tablespoonfuls if too dry, about 2 to 3 minutes.
- ☐ Brush large bowl with oil. Form dough into ball.
- ☐ Place in bowl; turn to coat. Cover with plastic; place in warm draft-free area until doubled in volume, about 1 hour.
- ☐ Place pizza stone or baking sheet in oven (if using rimmed baking sheet, invert sheet, rim side down). Preheat oven to 500°F. Knead dough in bowl. Cover and let rise again until doubled in volume, about 45 minutes. Divide dough into 4 equal portions. Form each portion into ball.
- ☐ Place on floured work surface; cover with plastic wrap and let rest 10 minutes.
- ☐ Sprinkle rimless baking sheet with cornmeal. Working with 1 ball at a time, roll out dough on floured surface to 12x7-inch oval.
- ☐ Transfer to sheet.
- ☐ Spread 2 tablespoons pesto over dough, leaving 1/2-inch plain border.
- ☐ Sprinkle 1/4 of potatoes, 1/4 of asparagus, 1/4 of corn, and 1/4 of peas over pesto. Spoon three 1-tablespoon dollops ricotta over vegetables. Slide pizza onto stone; bake until crust is golden brown on bottom and around edges, 10 to 12 minutes.
- ☐ Meanwhile, brush nonstick skillet with oil; heat over medium heat. Crack 2 eggs into skillet; cook just until whites are set but yolks are still runny, about 3 minutes.
- ☐ Transfer pizza to work surface.
- ☐ Place 2 fried eggs atop pizza. Scatter shaved
- ☐ Parmesan and arugula leaves over.
- ☐ Cut pizza into wedges and serve. Repeat with remaining dough, pesto, potatoes, asparagus, corn, peas, ricotta, and eggs.
- ☐ Try the Bishop's Peak 2008 Pinot Noir (California, \$20).

## Nutrition Facts



## Properties

Glycemic Index: 58.98, Glycemic Load: 36.25, Inflammation Score: -8, Nutrition Score: 27.374347873356%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.92mg, Isorhamnetin: 1.92mg, Isorhamnetin: 1.92mg, Isorhamnetin: 1.92mg Kaempferol: 3.1mg, Kaempferol: 3.1mg, Kaempferol: 3.1mg, Kaempferol: 3.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg

## Nutrients (% of daily need)

Calories: 548.22kcal (27.41%), Fat: 20.05g (30.84%), Saturated Fat: 9.13g (57.09%), Carbohydrates: 63.22g (21.07%), Net Carbohydrates: 57.76g (21.01%), Sugar: 6.76g (7.51%), Cholesterol: 218.26mg (72.75%), Sodium: 658.08mg (28.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.49g (58.98%), Selenium: 43.53µg (62.18%), Vitamin B1: 0.78mg (52.3%), Folate: 208.15µg (52.04%), Phosphorus: 510.2mg (51.02%), Calcium: 468.6mg (46.86%), Vitamin B2: 0.78mg (45.8%), Manganese: 0.66mg (32.84%), Iron: 5.07mg (28.16%), Vitamin B3: 5.37mg (26.83%), Vitamin K: 25.9µg (24.66%), Vitamin A: 1150.26IU (23.01%), Fiber: 5.46g (21.82%), Zinc: 3.13mg (20.85%), Vitamin B6: 0.42mg (20.8%), Vitamin C: 15.99mg (19.38%), Vitamin B5: 1.93mg (19.28%), Magnesium: 75.49mg (18.87%), Potassium: 556.49mg (15.9%), Vitamin B12: 0.89µg (14.75%), Copper: 0.29mg (14.51%), Vitamin E: 1.47mg (9.77%), Vitamin D: 1.2µg (7.98%)