**Asparagus Prosciutto Sicilian Flatbread**

**Ingredients:**

Cooking spray

½ pound fresh asparagus spears, trimmed and sliced into 1 inch pieces

1 ounce paper thin slices prosciutto, finely chopped

1-2 garlic cloves, minced

1 large tomato, thinly sliced

2 (6 inch) or 1 (12 inch) whole wheat flatbread, pita or pizza crust

1 cup shredded part-skim mozzarella cheese

1 cup Arugula

2 teaspoons extra virgin olive oil

½ cup sun dried tomatoes, sliced thin (not oil packed)

Fresh ground pepper

**Preparation:**

Preheat oven to 400

Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add garlic and prosciutto, sauté 2-3 minutes; add asparagus and cook 3-5 minutes until asparagus are crisp.

Place flatbreads on a rimless baking sheet. Evenly distribute sliced tomatoes, asparagus mixture, and mozzarella cheese over flatbreads. Bake at 400 for 10 minutes until golden brown. Remove from oven, distribute Arugula, fresh ground pepper, sundried tomatoes and a drizzle of olive oil over each flatbread. Slice and serve.

**Yield**: 6 servings

Nutrition information per serving:

212 calories

80 calories from fat (38%)

8 g fat

4 g saturated fat

26 mg cholesterol

492 mg sodium \*\*\* note to lower the sodium, skip the prosciutto

18 g carbohydrate

3 g fiber

4 g sugars

14 g protein