

CHICKEN PESTO FLATBREAD

INGREDIENTS:

- 1 tsp italian seasoning
- Salt and pepper to taste
- 1 lbs boneless, skinless chicken breasts
- 1/2 cup white onion, sliced
- 3 cloves garlic, minced
- 14.5 oz. diced tomatoes
- 2 tbsp red or white wine vinegar
- 2 cups seasonal veggies
- 1/3 cup of mayo
- 2 tbsp pesto
- 1 x 9 in italian flatbread
- 1/3 cup shredded parmesan



PREPARATION:

1. In a small mixing bowl, combine the italian seasoning, salt, and pepper. Sprinkle seasoning mixture evenly over chicken and rub in with your fingers. Set aside.
2. In a 3.5-4 quart slow cooker, combine chicken, onion, garlic, tomatoes, and vinegar. Cook on low heat for 5-6 hours. Add seasonal vegetables, cover, and cook on high heat for another 30 minutes.
3. In a separate bowl, mix mayo and pesto together. Spread evenly over italian flatbread, place thin strips of chicken on top, and sprinkle with parmesan cheese. Cut into wedges and enjoy!

Recipe source: *Guiding Light Garlic Farm*



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FOOD SAFETY TIPS

- Always thaw raw meat in the refrigerator or in cold water, never at room temperature.
- Use separate cutting boards and knives for vegetables and meats to avoid cross contamination.
- Wash hands thoroughly between steps when handling produce and raw meat, poultry, and seafood.
- Refrigerate any leftovers immediately.

This recipe was provided by the Michigan Farmers Market Association. Development was supported by a Food Safety Training and Education grant provided by the Michigan Department of Agriculture and Rural Development. For more recipes and program information, please visit mifma.org.

