



# Cook the kit

 **McLaren**  
HEALTH PLAN

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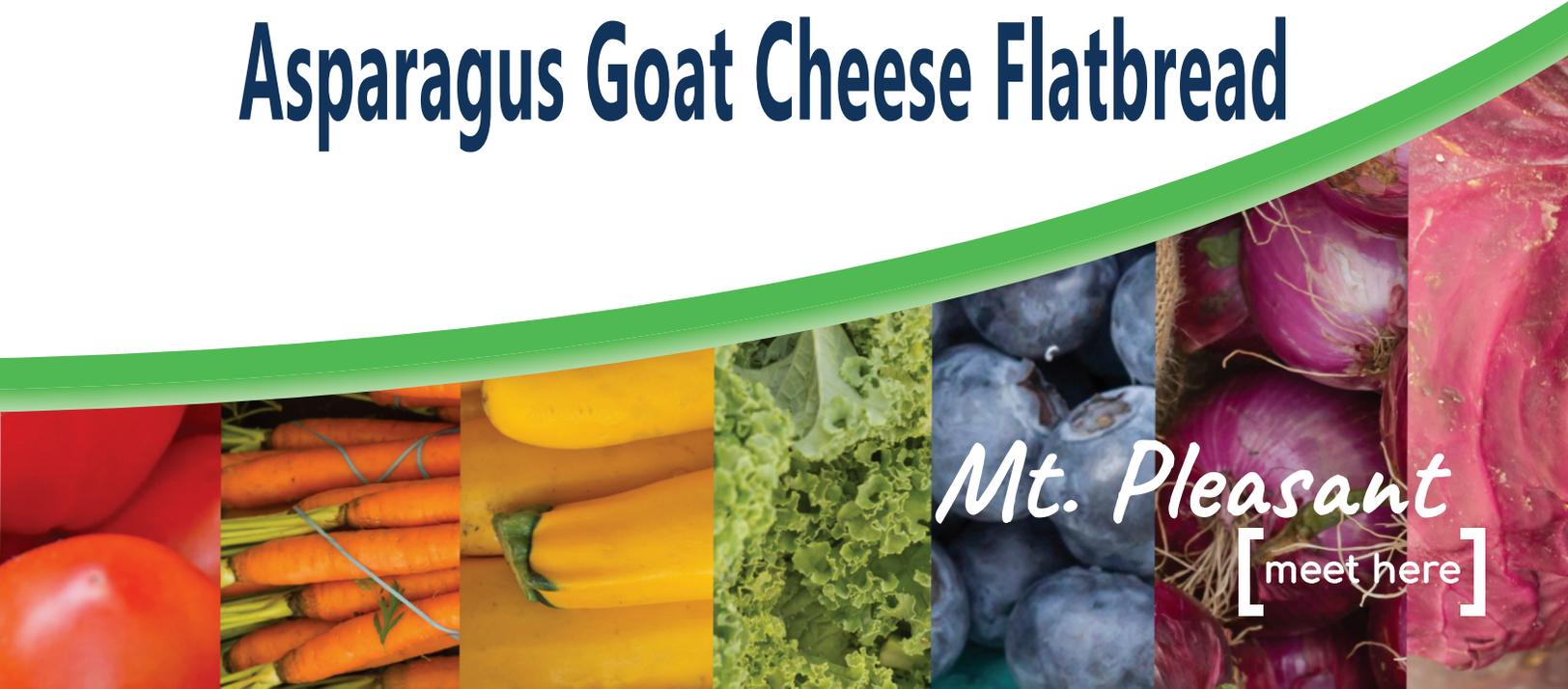
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## Asparagus Goat Cheese Flatbread



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# Recipe:

## Soft and Fluffy Flatbread (No Yeast)

Source: [inspiredtaste.net](http://inspiredtaste.net)

### INGREDIENTS

- 2 cups all-purpose flour
- 1 ½ teaspoons baking powder
- 1 teaspoon fine sea salt
- 2 Tbsp. olive oil
- 1 teaspoon pure maple syrup
- ¾ cup cold water
- Vegetable oil for cooking

### DIRECTIONS

#### MAKE DOUGH

1. In a large bowl, whisk the flour, baking powder, and salt together until well blended.
2. Make a well in the middle of the flour mixture, and then add olive oil, maple syrup, and most of water (save a few tablespoons to add later as necessary)
3. Stir wet ingredients into the flour mixture. If dough seems dry, add remaining water. When the dough comes together, transfer to a floured work surface and knead 5 to 10 times until smooth. Cover with clean dish cloth and leave for 10 minutes.

#### COOK FLATBREADS

4. Divide dough into six equal pieces. Dust each piece in flour and roll into a disc that's ¼-inch thick.
5. Add 1-2 Tbsp. oil to skilled placed over medium heat. When the oil looks shimmery, add a flatbread, and cook until golden brown on one side, flip and cook until golden brown on the second side, 1-2 minutes on each side.
6. Transfer cooked flatbread to a plate, cover with clean dish towel to keep warm. Storing: Wrap the cooked flatbreads in foil and store at room temperature for 2-3 days.



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## Recipe:

### Asparagus Goat Cheese Flatbread

Source: [Lemontreedwelling.com](http://Lemontreedwelling.com) - Cathy Trochelman

#### INGREDIENTS

- 2 flatbreads
- 1 bunch asparagus ends trimmed
- 2 ½ oz. goat cheese
- 1 Tbsp. pine nuts
- 2 Tbsp. olive oil
- salt & pepper to taste
- balsamic vinegar for drizzling

#### DIRECTIONS

1. Top flatbreads with asparagus, goat cheese and pine nuts.
2. Drizzle generously with olive oil and top with salt and pepper.
3. Bake 400 degrees for 10-12 minutes.
4. Remove from oven; drizzle with balsamic vinegar.





# Ingredient/Sub-Ingredient List

## Asparagus Goat Cheese Flatbread

- 1. Flour – Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid.**
- 2. Baking Powder – Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate.**
- 3. Sea Salt – Sea Salt.**
- 4. Olive Oil – Olive Oil.**
- 5. Maple Syrup – Pure Maple Syrup.**
- 6. Pine Nuts – Organic Pine Nuts.  
CONTAINS PINE NUTS.**
- 8. Balsamic Vinegar – Wine Vinegar, Concentrated Grape Must.  
CONTAINS SULFITES.**
- 9. Goat Cheese – Cultured Pasteurized Goat Milk, Salt, Enzymes.  
CONTAINS: MILK. KEEP REFRIGERATED.**



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Participating vendors with eligible Cook the Kit products will have a Cook the Kit sign displayed at their booth. Present this voucher to receive:

# 1 Bunch of Asparagus

No substitutions, exchanges or refunds given.

Vendor Name: \_\_\_\_\_

Dollar Value: \_\_\_\_\_



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Participating vendors with eligible Cook the Kit products will have a Cook the Kit sign displayed at their booth. Present this voucher to receive:

2 1/2 oz.

Goat Cheese

No substitutions, exchanges or refunds given.

Vendor Name: \_\_\_\_\_

Dollar Value: \_\_\_\_\_