



# Squash, Onion & Sausage Flatbread

A tasty homemade dough topped with sweet squash, caramelized onions, zesty sausage, and creamy goat cheese for an appetizer that's definitely sure to please.

Makes 8 to 10 Servings

## Ingredients

For Dough:

¾ cup warm water  
2 tbsp olive oil  
1 tbsp raw honey  
2 tsp active dry yeast  
2 cups whole-grain spelt flour  
1 tsp sea salt

For Topping:

6 tsp olive oil, divided  
2 white onions, sliced  
1 butternut squash (about 2 lb)  
½ tsp black pepper, divided  
¼ tsp sea salt  
8 oz turkey sausage, casings removed  
10 oz soft goat cheese, crumbled  
½ cup shredded mozzarella cheese  
1 tbsp chopped fresh sage  
3 tbsp raw unsalted pecans

## Steps

1. Make dough: In a large bowl, stir together water, oil, honey, and yeast. Let stand until foaming (10 minutes). Using a wooden spoon, stir in flour and salt until a shaggy dough forms. Cover bowl with a kitchen towel and let rise in a warm place for 2 hours.
2. Make topping: In a skillet, heat one-third of the oil over medium. Add onions and reduce heat to medium-low. Cook, stirring often to keep onions from sticking, until soft and golden brown (15 to 20 minutes).
3. Preheat oven to 400F°. Cut neck off squash (reserve body for another use). Peel off skin. Halve lengthwise and cut each into ¼-inch-thick half-moons. In a medium bowl, toss squash with one-third of oil, one-half of pepper and salt. Spread on a parchment-lined baking sheet and bake until tender and edges begin to brown (18 to 20 minutes).
4. In a skillet on medium heat, cook sausage, stirring and breaking up until crumbly and no longer pink (5 to 7 minutes). Drain off fat and set aside.
5. In a small bowl, stir together goat cheese, mozzarella, sage, and remaining half of pepper.
6. Brush baking sheet with remaining oil. Divide dough into 2 balls and, using your fingers, press each into an oval, roughly 4 x 12 inches. Arrange dough on prepared backing sheet. Top each with half of the onion mixture, sausage, and squash. Spoon half of the cheese mixture over each. Bake, rotating pan halfway though, until crust is golden brown (15 to 18 minutes). Garnish with pecans before serving.

## Nutrition Information

316 Calories | 27g Carbohydrates | 16g Fat | 6g Saturated Fat | 5g Fibre | 15g Protein | 525mg Sodium | 4g Sugar

Source: [www.cleaneatingmag.com](http://www.cleaneatingmag.com)