



## Mushroom Arugula Flatbread with Barolo Delicacy

By Chef Veera Gaul, Ph.D.



### Ingredients

2 flatbreads, store bought \*  
¾ cup grated fontina cheese  
8 oz mixed mushrooms, sliced (cremini, shitake, oyster and portobello)  
3-4 cloves garlic, minced or pressed  
½ teaspoon dried thyme or 1 tablespoon fresh thyme, minced  
½ bulb fennel, cored and thinly sliced  
½ red onion, thinly sliced (see Chef Tip)  
2-3 cups arugula  
½ teaspoon lemon juice  
Crushed red pepper to taste (optional)  
4 tablespoons O&V [Unflavored EVOO](#) (divided) \*  
2-3 tablespoons O&V [Barolo Truffle Delicacy](#) or [Aged Balsamic](#) \*  
½ cup crumbled gorgonzola cheese  
O&V Fleur de Sel and fresh Cracked pepper \*

## Preparation

Preheat oven to 425F. Line a large rimmed baking sheet with parchment paper.

While the oven preheats, place a large skillet on the stove, heat 1 ½ tablespoons of Unflavored EVOO to medium heat. Add the minced or pressed garlic, cook stirring frequently till fragrant. Add the mushrooms and thyme. Cook for 7-10 minutes till mushrooms are brown and tender. Season with a little salt and pepper. Remove from the heat and allow to cool.

Place the store-bought flatbreads on the rimmed baking sheet. Follow the package instructions for the flatbreads (See notes). Place in oven for half the time noted on the package, then remove, flip, top with grated fontina cheese and sprinkle with the cooked mushrooms. Put back in the oven for the remaining half of time noted on the package. Remove from the oven and transfer to a serving platter.

Combine the arugula, fennel, and red onion in a large bowl. Drizzle with 1- 1½ tablespoons EVOO, lemon juice, and season with fleur de sel and fresh cracked pepper. Toss and then pile on top of the flatbread pizzas.

Drizzle generously with the Barolo Truffle Delicacy or an Aged Balsamic and garnish with crumbled gorgonzola and crushed red chili flakes if using. Serve immediately.

Serves 4

Total Time: 30 minutes

## Chef Tip

Tame the bite of the red onion (if you wish), by soaking the sliced onion in ice water for 10-15 minutes. Then drain, pat dry and add to the arugula.

## Notes

\* I used a Pizza crust base and baked it for 4 minutes on one side, flipped it, topped it with cheese and mushrooms and baked for another 4-5 minutes (I like crispy bases). If you use a thinner lavash bread or pita, you will only need about 2 minutes on the first side, then top with cheese and mushrooms and bake another 2-3 minutes.

\* A high quality [Unflavored EVOO](#) provides health benefits as well as delicious olive flavor to the arugula. The [Barolo Truffle Delicacy](#) is a unique and amazing combination of rich sweetness and truffle earthiness. While there is no substitute, you can use an [Aged Balsamic](#), if you are not a truffle fan.

Categories: Entrees, Soups & Salads, Snacks & Sides, Vegetarian Option, Fontina Cheese, Crumbled Blue Cheese, Mushrooms, Arugula, Fennel, Prosciutto, Unflavored EVOO, Barolo Truffle Delicacy, Aged Balsamic, Truffle Mushroom Flatbread, Arugula Pizza, No Tomato Pizza, Easy Weeknight, Lunch Option, 30 Minute Meal, Weeknight Meal, Mediterranean Diet, Plant Based Option