Grilled Flatbread with White Bean Hummus, Caramelized Onions, Olives, Sun Dried Tomatoes and Arugula

From a Phillis Carey cooking class, 2013
Internet address:



CARAMELIZED ONIONS:

2 tablespoons olive oil

3 large sweet onions, peeled, halved and thinly sliced

1 tablespoon sugar

2 teaspoons fresh thyme, finely chopped

Salt and pepper to taste

WHITE BEAN HUMMUS:

3 cloves garlic, peeled

30 ounces canned white beans, drained and rinsed

3 tablespoons tahini

3 tablespoons fresh lemon juice

1 teaspoon hot sauce

1/3 cup extra virgin olive oil

FLATBREADS:

4 whole flatbreads, Trader Joe's or others, about 7 inches diameter

1/4 cup olive oil

1/2 cup Kalamata olive, slivered

1/2 cup sun-dried tomatoes, oil-packed, drained, slivered

1 cup arugula, buy baby arugula if poss. or chop up regular sized

1/2 cup Parmigiano-Reggiano cheese, shaved into curls

Carolyn T's Blog - Tasting Spoons
http://tastingspoons.com

Servings: 12

1. ONIONS: Heat olive oil in a large nonstick or regular skillet over medium high heat. Add onions and sugar and cook, stirring often, until they begin to brown. Lower heat and continue to cook until very soft and golden. Do not allow them to brown-burn - if they start to, reduce heat. Add the thyme and season to taste with salt and pepper. Can be made ahead and rewarmed before serving.
2. WHITE BEAN HUMMUS: Drop garlic into a running food processor. Stop machine and add the beans, tahini, lemon juice and hot sauce and pulse JUST until pureed. Don't over-process - you want the hummus to have a little bit of texture. With food processor turned on slowly add olive oil until it's emulsified. Again, don't over-process. Add more oil if necessary to make mixture creamy and snoot, but not too thin. Cover mixture and chill at least one hour (or up to 48 hours) and return it to room temp before continuing.
3. Preheat grill. Brush flatbreads with olive oil and grill 2 minutes per side or until warmed with grill marks, but do NOT make flatbreads crispy. Can also do this on an indoor grill pan, or if in a real hurry, heat in microwave.
4. Spread each flatbread with a thick layer of hummus. Top with caramelized onions, olives and sun-dried tomatoes. Sprinkle with arugula and top with Parmesan curls. cut into wedges and serve immediately.
ALTERNATE SERVING: Layer hummus on a large, round serving plate, top with onions, olives, tomatoes and top with crumbled Feta cheese. Serve with lavash or toasted pita chips, or even crackers.

Per Serving (excluding unknown items): 336 Calories; 20g Fat (53.0% calories from fat); 9g Protein; 31g Carbohydrate; 5g Dietary Fiber; 3mg Cholesterol; 341mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 1/2 Fat; 0 Other Carbohydrates.