

Prep Time	10 minutes
Cook Time	12-15 minutes
Total Time	25 minutes
Intensity Level	Easy (Beginner-Friendly)
Yield	4 servings (4 flatbreads)
Method	Oven-baked
Cuisine	American / Mediterranean fusion

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Ingredients

For the Flatbreads:

- 4 store-bought naan or flatbreads (about 6-7 inches each)

- 2 tablespoons olive oil
- 8 oz (225 g) soft goat cheese (chèvre), room temperature
- 1 cup dried cranberries
- $\frac{3}{4}$ cup walnut halves, roughly chopped
- 2 tablespoons honey
- 1 teaspoon fresh rosemary, finely chopped (or $\frac{1}{2}$ teaspoon dried)
- $\frac{1}{4}$ teaspoon sea salt
- $\frac{1}{4}$ teaspoon freshly cracked black pepper
- 2 cups fresh arugula (optional, for topping)
- Balsamic glaze, for drizzling (optional)

Equipment Needed

- Baking sheet (or two, if needed)
 - Parchment paper
 - Small skillet
 - Mixing bowl
 - Pastry brush or spoon
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Instructions

Step 1: Preheat & Prep (*Intensity: Low — 5 minutes*)

Preheat your oven to 425°F (220°C). Line a large baking sheet with parchment paper. Remove the goat cheese from the refrigerator and let it soften at room temperature while you prepare the other components.

Step 2: Toast the Walnuts (*Intensity: Medium — 3-4 minutes*)

Place a small skillet over medium heat. Add the chopped walnuts and toast, stirring frequently, for 3-4 minutes until fragrant and lightly golden. Watch carefully — walnuts burn quickly. Transfer to a plate to cool.

Step 3: Warm the Cranberries (*Intensity: Low — 2 minutes*)

In the same skillet over low heat, combine the dried cranberries with 2 tablespoons of water. Stir for 1-2 minutes until they plump slightly. Remove from heat and set aside. (This step is optional but makes the cranberries softer and more flavorful.)

Step 4: Brush & Assemble (*Intensity: Low — 4 minutes*)

Place the flatbreads on the prepared baking sheet. Brush each lightly with olive oil. Spread 2 oz (55 g) of softened goat cheese evenly over each flatbread, leaving a small border around the edges. Scatter the toasted walnuts and plumped cranberries evenly across all four flatbreads. Sprinkle with chopped rosemary, sea salt, and black pepper.

Step 5: Bake (*Intensity: Low — 12-15 minutes*)

Bake on the middle rack at 425°F (220°C) for 12-15 minutes, until the edges are crisp and golden and the goat cheese is warmed through and slightly bubbly. Rotate the pan halfway through baking for even cooking.

Step 6: Finish & Serve (*Intensity: Low — 2 minutes*)

Remove from the oven and let cool for 2 minutes. Drizzle each flatbread with honey and, if using, a light drizzle of balsamic glaze. Top with fresh arugula for a peppery contrast. Slice into wedges or strips and serve warm.

Time & Intensity Summary

Stage	Time	Heat/Intensity
Preheat oven	5 min	425°F (220°C)
Toast walnuts	3-4 min	Medium heat
Warm cranberries	2 min	Low heat

Stage	Time	Heat/Intensity
Assemble flatbreads	4 min	—
Bake	12–15 min	425°F (220°C), middle rack
Rest & finish	2 min	—
Total	~25 minutes	Easy

Nutrition Information (Per Serving — 1 flatbread)

Estimates based on standard ingredients; values will vary by brand.

Nutrient	Amount
Calories	~540 kcal
Total Fat	24 g
Saturated Fat	8 g
Cholesterol	22 mg
Sodium	610 mg
Total Carbohydrates	64 g
Dietary Fiber	4 g
Total Sugars	22 g
Protein	17 g