

# Fluffy Skillet Flatbread

## INGREDIENTS

- 1 1/4 cup warm water
- 1 packet active dry yeast or  
2 1/4 teaspoons
- 1 tablespoon sugar
- 3/4 cup yogurt
- 2 tablespoons oil
- 1 tablespoon salt
- 3 3/4 cup all-purpose flour
- additional flour for rolling

## DIRECTIONS

1. In a large bowl, dissolve the sugar in warm water and stir in the yeast. Let proof for 5 minutes, until mixture becomes foamy.
2. Stir yogurt and olive oil into the yeast mixture.
3. Add flour and salt, stirring in one cup of flour at a time. Stir until dough comes together.
4. Turn dough out onto a lightly-floured surface and knead for about 5 minutes until dough is no longer sticky. Add flour, as needed, to prevent sticking.
5. Divide the dough into 10 equal pieces. Cover pieces with a towel or plastic wrap. Let sit for 15 minutes.
6. Preheat a medium-sized skillet to medium heat.
7. While pan is heating, take one piece of dough and dust top and bottom with additional flour. Roll dough out to an even thickness, about 6-inches in diameter.
8. Brush the top surface of the dough with a light coating of olive oil and place oil side down into hot pan. Cook until the edges begin to brown and bubbles form, about 60-90 seconds.
9. Flip bread over and toast the other side for another 60-90 seconds, until a few toasted areas appear. Do not overcook.
10. Place flatbread on plate and cover with towel.
11. Continue rolling out and cooking dough until all ten pieces are cooked. Stack them on top of each other, under the towel, until ready to serve. They will keep warm and finish cooking while resting.



## Pantry Chickpea Bruschetta Topping

### INGREDIENTS

- 1 15-ounce can chickpeas, rinsed and drained
- 1/2 8-ounce jar sun-dried tomatoes, drained and chopped
- 1 clove of garlic, pressed
- 1/2 lemon, juiced, or  
1 tablespoon lemon juice
- 1/4 cup parsley, finely chopped, optional
- 1 teaspoon salt, to taste
- 1 tablespoon olive oil or oil from the sun-dried tomatoes

### DIRECTIONS

1. Place chickpeas in medium-sized bowl and smash with potato masher or wooden spoon until most have been crushed.\*\*
2. In the same bowl, combine the remaining ingredients and stir well.
3. Taste mixture and add more salt or oil, if needed.
4. Serve atop bruschetta (grilled/toasted bread slices) or another item of choice like crackers, mini cucumber boats, cucumber slices, or halved mini-sweet peppers.

## Bread Dipping Oil

### INGREDIENTS

- 1 tablespoon black pepper
- 1 tablespoon dried oregano
- 1 tablespoon dried basil
- 1 tablespoon dried parsley
- 1 1/2 teaspoon crushed red pepper flakes
- 1 1/2 teaspoon granulated garlic
- 1 1/2 teaspoon dried minced onion
- 1 1/2 teaspoon dried crushed rosemary
- 1 1/2 teaspoon coarse sea salt
- 1 clove garlic, pressed
- 1 tablespoon Parmesan cheese, grated
- 1/4 cup extra virgin olive oil

### DIRECTIONS

1. Combine the dry ingredients and mix well.
2. To serve, on a shallow plate or bowl, add crushed garlic, grated Parmesan, 1-2 tablespoons of prepared mix, and a food drizzle of olive oil - 3-4 tablespoons.
3. Let sit 5-10 minutes before serving.

