

Fluffy Skillet Flatbread

INGREDIENTS

- 1/2 cup warm water
- 2 teaspoons active dry yeast
- 2 teaspoons sugar
- 1/2 cup yogurt, at room temperature
- 1/2 teaspoon salt
- 2 cups all-purpose flour
- 3 tablespoons oil, divided
- additional flour for rolling

DIRECTIONS

1. In a large bowl, dissolve the sugar in warm water and stir in the yeast. Let proof for 5-10 minutes, until mixture becomes foamy.
2. Add flour, salt, yogurt and 2 tablespoons oil. Combine with spoon (or hand) until dough comes together, it will be a little sticky and wet.
3. Knead in another tablespoon and knead until a soft dough.
4. Shape into a ball and lightly coat the ball and bowl with oil, cover, and let rest in a warm location for 1 hour, until doubled in size.
5. Sprinkle some flour onto the table and gently turn the dough out of the bowl. Gently form into a loaf shape and divide into 4-6 sections, do not knead the dough at this time.
6. Form each section into a smooth ball.
7. Keeping the other sections covered as you work, form one ball into a disc and gently roll it out until it is about 1/4-inch thick.
8. Preheat a nonstick pan over medium-high heat for 5 minutes.
9. Add the rolled out dough to the pan and cook for about 30-90 seconds until bubbles start to form on the surface.
10. Flip the dough over and continue cooking for 45-90 seconds. The bread should puff up as it cooks. Light brown spots should appear on the surface of the bread - do not overcook.
11. Cover cooked breads with a towel to keep soft and warm.

SUGGESTIONS:

- If the bread is taking a long time to cook, the pan may be too cold or the dough may be too thick.
- Avoid over handling the dough after it has risen - you want to preserve the air bubbles in the dough. Overworking it will cause the bread to be flat and tough.



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.

