



January 29- Chapatis Flatbread

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/chapatis-flatbread>

Recipe

Ingredients:

- 2 cups whole wheat flour
- $\frac{2}{3}$ cups water
- 2 teaspoons vegetable oil
- 1 pinch salt

Directions:

1. Place the flour in a large mixing bowl. Add water, oil, and salt. Mix with fork and then with hands. Keep mixing until you can make a ball.
2. Knead the dough for about 10 minutes. Let rest for 30 minutes in the bowl, covered with a damp cloth.
3. Roll the ball into a 12-inch log and cut into 6 chunks.
4. Roll each chunk into a very thin pancake, about 7-inches in diameter. Don't worry about making the dough into a perfect circle-just try to get it as thin as you can.
5. Heat a cast iron skillet (lightly greased) on medium-high heat. Place one chapati in the skillet and cook for 30 seconds.
6. Use a spatula to lift bread. When chapati gets brown spots and bubbles, flip it over and cook for another 30 seconds.
7. Wrap the cooked chapati in a cloth napkin while cooking the rest.
8. Eat them right away with a little butter or margarine, or use as scoops for eating other dishes.

Yield 6 servings

Nutrition Facts

Serving Size 1 item (41.64g)
Servings Per Container 6

Amount Per Serving

Calories 160 **Calories from Fat** 25

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 50mg **2%**

Total Carbohydrate 29g **10%**

Dietary Fiber 4g **17%**

Sugars 0g

Protein 5g **11%**

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.