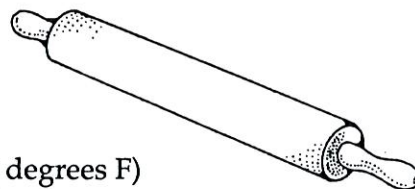


Bread-in-a-Bag

Makes 16 slices



Ingredients:

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|------------------------------|--|
| 2 cups all-purpose flour | 1 teaspoon salt |
| 1 package quick-rising yeast | 1 cup hot water (125 to 130 degrees F) |
| 3 tablespoons sugar | 3 tablespoons vegetable oil |
| 1 tablespoon nonfat dry milk | 1 cup whole wheat flour |

Directions:

1. Combine 1 cup all-purpose flour, undissolved yeast, sugar, dry milk, and salt in 1 gallon heavy-duty freezer bag with zipper lock.
2. Squeeze upper part of bag to force air out. Seal bag. Shake and work bag with fingers to blend ingredients.
3. Add hot water and oil to dry ingredients. Reseal bag. Mix by working bag with fingers.
4. Add whole wheat flour; reseal bag and mix thoroughly.
5. Gradually add enough remaining all-purpose flour to make stiff dough that pulls away from bag.
6. Remove dough from bag. On floured surface, knead dough 2 to 4 minutes until smooth and elastic. Cover dough; let it "rest" 10 minutes.

Variations

If making Bread:

1. Using a rolling pin, roll dough to a 12 x 7 inch rectangle. Roll up from narrow end. Pinch edges and ends to seal.
2. Place in oiled 8 1/2 x 4 x 2 1/4 inch loaf pan; cover with plastic wrap and a kitchen towel. Place in shallow pan on counter; half fill with boiling water. Place baking sheet over shallow pan.
3. Let dough rise 20 minutes or until double in size.
4. Bake in preheated oven at 375 degrees F for 25 minutes or until done.
5. Remove from pan and cool on wire rack.
6. Slice with serrated knife to serve.

Nutrition information per 1-slice serving:

| | |
|----------|----------------|
| Calories | 120 |
| Fat | 3 grams |
| Sugar | 3 grams |
| Sodium | 155 milligrams |

If making Pizza:

1. Preheat oven to 450 degrees F.
2. Lightly flour counter and form dough in circle and place dough on a greased cookie sheet or sprinkle cooking sheet with cornmeal to keep it from sticking.
3. Spread tomato sauce over pizza, top with Mozzarella cheese and toppings, and cook for about 15 to 20 minutes.
4. Carefully remove from oven, let cool for about 5 minutes and serve.

If making Pretzels:

1. Preheat oven to 425 degrees F.
2. Roll dough into 12-inch lengths, about 1/2-inch thick. Form the dough strips into different shapes; the "usual pretzel shape," numbers, letters, etc.
3. Place on a lightly greased baking sheet. Brush with egg or water. Sprinkle lightly with salt or poppy seeds.
4. Bake at 425 degrees F for 15 minutes.

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