

Jaques' Pan Bread

Makes 4 servings

3/4 cup all purpose flour
3/4 cup whole wheat flour
1 t baking powder
1/2 t salt
1.5 T olive oil, divided
1 cup water plus 3 T

Optional seasonings: 2 t rosemary + 1/2 t black pepper
1 1/2 t curry powder



Combine flours, salt, and optional seasonings. Add 1 cup water to flour mixture and mix just enough to get rid of all lumps. Pour 1 T of olive oil in a 10" nonstick pan and heat at medium heat. Mix baking powder in with flour and water mixture just enough to incorporate. Pour the dough into the pan ensuring even spread throughout by spreading it quickly with a rubber scraper. Pour remaining olive oil over bread. Pour remaining 3 T of water around the edges of the dough. Cover and cook for 5 minutes. Uncover, release bread with scraper, flip, and continue to cook covered for 4-5 minutes. Remove cover, flip once more, and cook an additional minute or until both sides are crispy. Serve with hummus, curry, pasta, or grilled vegetables.

Nutrition information per serving: 210 calories, 6g fat, 5g protein, 35 g carbohydrate, 430mg sodium, 3g dietary fiber. Good source of iron.

Recipe adapted from Jaques Pepin's Fast Food My Way

