Whole Wheat Naan

Serve this delicious, high-fiber treat with your favorite soup for a satisfying meal.

Ingredients

- ½ cup very warm water
- 2 teaspoons active dry yeast
- 1 teaspoon sugar
- 2 cups whole wheat flour
- ½ cup all-purpose flour
- ½ teaspoon salt
- ¼ cup olive oil, plus more for frying
- ½ cup plain, nonfat yogurt
- 1 egg
- Dried parsley

Directions

1. In a large bowl, or the bowl of a heavy duty stand mixer with dough hook attached, mix together water, yeast and sugar just until combined.
2. Set aside for 5 minutes.
3. Add the whole wheat, and all-purpose flour, salt, olive oil, yogurt and egg. Mix until combined.
4. Turn dough out onto a clean, and floured surface, and knead until soft and pliable.
5. Cover with a clean, damp towel and set aside to rise for approximately 1 hour.
6. Divide the dough into 8 pieces and roll out with a rolling pin to ¼ inch thickness.
7. Heat a non-stick skillet to medium high and add a small amount of oil.
8. Cook bread for about 5 minutes on each side, or until golden and blistered.
9. Sprinkle with dried parsley and serve warm.

Nutrition Facts

Serving Size 1 Piece
Servings Per Recipe 8

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>% Daily Value*</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td>210</td>
<td></td>
<td>70</td>
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</tr>
<tr>
<td>Total Fat</td>
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<td>12%</td>
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<td>8%</td>
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<tr>
<td>Saturated Fat</td>
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<td>Trans Fat</td>
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<tr>
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<td>170mg</td>
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<tr>
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Vitamin A 2% • Vitamin C 0% • Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Total Fat
- Less than 65g
- Less than 20g

Cholesterol
- Less than 300mg
- Less than 25g

Sodium
- Less than 2,400mg
- Less than 300mg

Total Carbohydrate
- Less than 300g

Dietary Fiber
- 25g

Calories per gram:
- Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

Visit our website for more great recipes and program information- http://lpi.oregonstate.edu/healthyyouth