

# Whole Wheat Naan

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

Serves 8



## Nutrition Facts

Serving Size 1 Piece  
Servings Per Recipe 8

Amount Per Serving

**Calories** 210    **Calories from Fat** 70

% Daily Value\*

**Total Fat** 8g    **12%**

Saturated Fat 1.5g    **8%**

Trans Fat 0g

**Cholesterol** 25mg    **8%**

**Sodium** 170mg    **7%**

**Total Carbohydrate** 30g    **10%**

Dietary Fiber 4g    **16%**

Sugars 2g

**Protein** 7g

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:

|                    |           | Calories: 2,000 | 2,500   |
|--------------------|-----------|-----------------|---------|
| Total Fat          | Less than | 65g             | 80g     |
| Saturated Fat      | Less than | 20g             | 25g     |
| Cholesterol        | Less than | 300mg           | 300mg   |
| Sodium             | Less than | 2,400mg         | 2,400mg |
| Total Carbohydrate |           | 300g            | 375g    |
| Dietary Fiber      |           | 25g             | 30g     |

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

Please note: nutritional values are approximate.

## 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.

