



Pita Bread

Servings 8 | Prep time 45 mins | Total time 1 hour 5 mins.

Equipment: Medium mixing bowl, Large mixing bowl, Cutting board, Rolling pin or jar, Large frying pan

Utensils: Stirring spoon, Measuring cups and spoons, Tongs or spatula for flipping pitas

Ingredients

1 cup warm water

2 1/4 teaspoons instant yeast (1 packet)

1 teaspoon granulated sugar

1 teaspoon salt

1 tablespoon and 1/2 teaspoon vegetable oil OR olive oil, divided

2 1/4 cups all-purpose flour, divided

Instructions

1. Before you begin, wash your hands, surfaces, and utensils.
2. In a medium bowl, mix water, yeast, sugar, salt, 1 tablespoon oil, and 1 cup of flour to form the dough.
3. Using additional flour, adding a little more at a time, (about 1 to 1 1/4 cups) until dough begins to come together and is slightly sticky.
4. Coat hands with flour and knead dough in the bowl for a minute until smooth. Dough should be soft, and not sticky.
5. Pour 1/4 teaspoon oil into a large mixing bowl. Use a paper towel to rub oil onto all sides of the bowl. Place dough into bowl and cover with a clean towel. Allow to sit for 40 minutes.
6. Lightly sprinkle flour to cover a cutting board. Place the dough onto the cutting board and divide it into 8 equal pieces. Using a rolling pin or jar, roll out each piece into a thin circle.
7. Heat a large frying pan over medium high heat. Once the pan is hot, put 1/4 teaspoon oil in the pan and lay pitas out on the pan. Cook for 2 minutes, or until lightly golden on the bottom. Flip and continue cooking until golden brown. Place in bowl and cover with a clean towel to keep warm while cooking other pitas.

Nutritional Information:

Calories 170 Total Fat 5g Sodium 300mg Total Carbs 28g Protein 4g