FLATBREAD DOUGH

INGREDIENTS:

1 tbsp	Sugar, granulated
1 ½ cup	Warm water, ~90 degrees F
1 tbsp	Active dry yeast
1 tsp	Salt
3 cups	Whole Wheat flour
1 cups	All-purpose flour
½ cup	Chives, finely minced
1 tbsp.	Olive oil

METHOD:

- Add sugar, olive oil and yeast to warm water (~90 degrees).
- Let it sit to bloom yeast, about 5 minutes.
- Mix the flours and salt in a large mixing bowl (dry ingredients).
- Add yeast mixture to the dry ingredients and combine with dough hook for 10 minutes.
- Rub a small amount of oil in a clean bowl, place dough in bowl and coat top of the dough with a light layer of oil and cover tightly with plastic wrap.
- Let this sit in a proofer or warm area for 1 hour.
- Make 16, 1 ½ oz. balls for each pizza crust. Roll out to a thin circle.
- Lightly grill each side of the crust.
- NOW IT IS READY FOR PIZZA!!!!

- Chef's Note: To make the perfect Hilton Head Health pizza, top this pizza with marinara sauce, loads of vegetables, and about 2 tablespoons of cheese.
- If you do not have a grill, no worries. Just heat a large sauté pan over medium high heat with no oil. When the pan is hot, lay the flatbread on the pan, when it starts to bubble, flip it over and cook for another minute.

Serves: 16

Serving Size: 1.5 oz

Calories: 120

Fat: 1.5 gm **Sodium:** 150 mg **Carbohydrates:** 24 gm **Protein:** 5 gm **Fiber:** 3 gm