

# Green Onion Sesame Flatbreads

## Healthy Snack of the Month June - 2014



This savory Asian bread made with green onion and sesame is great served with pot roast, curried dishes or barbecued meats.

**Prep Time:** 20 Min

**Start to Finish:** 40 Min

**Makes:** 6 flatbreads (24 servings)

### INGREDIENTS

3 cups all-purpose flour  
2 tablespoons sesame seeds  
1 1/2 teaspoons baking powder  
1 teaspoon salt  
1 tablespoon sesame oil  
1 cup plus 1 to 2 tablespoons cold water  
1/3 cup chopped green onions (about 4 medium)  
1/2 cup canola oil

### DIRECTIONS

1. In medium bowl, mix flour, sesame seeds, baking powder and salt. Stir in sesame oil and enough cold water to make a smooth, soft dough. On floured surface, knead dough 3 minutes. Divide dough into 6 equal parts; keep covered. Roll each part into 7-inch circle.
2. Sprinkle each 7-inch circle with about 1 tablespoon of the onions. Roll each circle up tightly, pinching side and ends to seal. Roll back and forth until you have a 12-inch rope. Shape each rope to form a coil, tucking end under coil; with a rolling pin roll into 7-inch circle.
3. In 8-inch skillet, heat vegetable oil over medium heat to 375°F. Cook 1 circle in oil 1 to 3 minutes, turning once, until golden brown. Drain on paper towels. Repeat with remaining circles. Cut each into 4 wedges. Serve warm.

### NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b>	1 Serving	<b>Calories:</b>	80	<b>Calories from Fat:</b>	20
<b>Total Fat:</b>	2 1/2 g	<b>Saturated Fat:</b>	0 g	<b>Trans fat :</b>	0 g
<b>Cholesterol:</b>	0 mg	<b>Sodium:</b>	130 mg	<b>Total Carbohydrate:</b>	12 g
<b>Dietary Fiber:</b>	g	<b>Sugars:</b>	0 g	<b>Protein:</b>	2 g



This recipe is adapted from [WWW.eatbetterearly.com](http://WWW.eatbetterearly.com)