

Chapatis Flatbread



**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

Scan for interactive recipe

Serves: 6

Prep: 45 minutes | **Cook:** 10 minutes

INGREDIENTS

- 2 cups Whole Wheat Flour
- 2/3 cup Water, warm
- 2 teaspoons Vegetable Oil
- 1 dash of Salt

DIRECTIONS

1. Place the flour in a large mixing bowl. Add water, oil and salt. Mix with fork and then with hands. Keep mixing until you can make a ball.
2. Knead the dough for about 10 minutes. Let rest for 30 minutes in the bowl, covered with a damp cloth.
3. Roll the ball into a 12-inch log and cut into 6 chunks.
4. Roll each chunk into a very thin pancake, about 7 inches in diameter. Don't worry about making the dough into a perfect circle—just try to get it as thin as you can.
5. Heat a cast iron skillet (lightly greased) on medium-high heat. Place one chapati in the skillet and cook for 30 seconds.
6. Use a spatula to lift bread. When the chapati gets brown spots and bubbles, flip it over and cook for another 30 seconds.
7. Wrap the cooked chapati in a cloth napkin while cooking the rest.



Nutrition Information	
<i>Serving Size: 1 chapati</i>	
Calories	149
Total fat	3 g
Saturated Fat	0 g
Trans fat	
Cholesterol	0 mg
Sodium	28 mg
Carbohydrates	29 g
Fiber	4 g
Sugars	0 g
Protein	5 g

Recipe adapted from: USDA
MyPlate