

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Whole Wheat Onion and Dill Bread

Makes 1 loaf – about 20 slices

Ingredients:

- 2 tablespoons *plus* one teaspoon oil - divided
- 1 cup finely chopped onion
- 1 ¼ cups warm water (about 100-110 degrees)
- 1 envelope active dry yeast (2 ¼ teaspoons)
- 2 tablespoon sugar
- 4 cups whole wheat flour (plus a few extra tablespoons of flour for kneading)
- 1 teaspoon salt
- 1 tablespoon chopped fresh dill (or 1 teaspoon dried dill)

Directions:

1. Heat 1 teaspoon oil in a sauté pan over medium heat. Cook onions until golden brown, about 5 minutes. Remove from pan and cool.
2. Dissolve yeast in and sugar in the warm water. Let stand 10 minutes, until starts to foam.
3. In a large bowl combine whole wheat flour and salt. Add the yeast-water mixture, oil, onions, and dill; blending well.
4. On a clean, lightly floured surface, knead the dough, sprinkling with extra flour if needed, until the dough is smooth and elastic, about 7 to 10 minutes or until smooth and not sticky.
5. Place dough in a greased bowl, turning greased side up. Cover loosely with plastic wrap or a damp towel. Place in a warm area (like on top of the refrigerator or in an empty oven with a bowl of hot water place on the rack below). Let rise until double in size; about 1 hour.
6. Grease two 9x5x3 inch loaf pans. Shape dough into 2 loaves, placing one in each pan. Let rise again, covered and warm, until doubled in size; about 1 hour.
7. Bake 350 degree oven for 35-40 minutes until browned and hollow sounding when tapped.
8. Remove from pans and let cool on wire rack.

Recipe Notes:

1. If using Rapid Rise Yeast omit step 2 and add dry yeast directly to flour; heat the water to 120 degrees (very warm water)
2. Try making individual rolls: At step 5, shape rolls (makes 15-20 rolls). Place on greased cookie sheet. Let rise to double in size. Bake at 375 for 12-15 minutes until golden brown.
3. Store cooled baked bread at room temperature, wrapped in plastic; or freeze.

Nutritional Information per serving:

Calories: 98	Carbohydrates: 18 g
Total Fat: 3g	Cholesterol: 0 mg
Saturated Fat: 0 g	Dietary Fiber: 3 g
Sodium: 117 mg	Protein: 3g