

NAAN

INGREDIENTS:

- 1 teaspoon sugar
- 1/2 cup warm water
- 1/4 oz. active dry yeast
- 2 1/4 cups all-purpose flour
- 1/2 cup plain non-fat yogurt
- 1 tablespoon olive oil
- 3 tablespoons butter, melted
- Pinch of salt

DIRECTIONS:

1. In a small bowl, add sugar, warm water, and yeast. Stir. The yeast is activated when it begins to foam, about 10 minutes.
2. Transfer flour to a flat surface and make a well in the middle. Add yeast mixture, yogurt, and oil; knead the dough until the surface becomes smooth and shiny, about 10 minutes.
3. Cover the dough with a damp cloth and let rise in a warm place (example: beside the stove top or warm oven). The dough should double in size, about 1 hour. *Tip: If the dough is sticky, add 2 more tablespoons of flour to bind the dough.*
4. Divide the dough into 8 equal portions. Roll the dough into an 8 inch circle using a rolling pin.
5. Heat up skillet (cast iron preferred) over high heat and lightly grease the surface with oil to avoid the dough from sticking. Place the dough in the skillet. When it puffs up, bubbles, and burnt spots appear, flip over and cook the other side. Repeat until all doughs are done.
6. Brush the naan with the melted butter, serve warm.

Nutrition Facts

Serving Size (72g)

Servings Per Container 8

Amount Per Serving

Calories 190 **Calories from Fat** 60

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 10mg **0%**

Total Carbohydrate 29g **10%**

Dietary Fiber 1g **4%**

Sugars 1g

Protein 5g

Vitamin A 4% • **Vitamin C** 2%

Calcium 2% • **Iron** 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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