



**Kansas Wheat Commission  
Recipes 2003**

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## **Wheat Facts:** How Your Penny Is Used

Pictured on front cover: A variety of wheat foods. Enjoy 6-11 servings of grains daily.  
Photo by Wheat Foods Council. Recipes contributed by Home Baking Association ([www.homebaking.org](http://www.homebaking.org)), Kids a Cookin' ([www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu)), Wheat Foods Council ([www.wheatfoods.org](http://www.wheatfoods.org)) and Kansas Wheat Commission ([www.kswheat.com](http://www.kswheat.com)).

# Wheat Classes and Products

**Hard Red Winter** (HRW) is an important bread wheat which accounts for almost forty percent of the U.S. wheat crop and wheat exports. Grown in all Kansas counties, HRW makes up about 94% of the wheat grown in Kansas. HRW has a moderately high protein content, usually averaging 11-12%, and good milling and baking characteristics. HRW is used for yeast breads and rolls. Kansas is responsible for producing 40% of U.S. Hard Red Winter wheat.

**Soft Red Winter** (SRW) is a high yielding wheat, but relatively low in protein, usually about 10%. SRW is used for cakes, pastries, flat breads, crackers and snack foods. Soft Red Winter, which makes up about 1% of Kansas' wheat production, is grown in the eastern part of the state.

**Hard White** (HW) is the newest class of wheat to be grown in the United States. It is used for yeast breads, hard rolls, tortillas and noodles. Currently, HW is used primarily in domestic markets with limited quantities being exported. It is anticipated that exports of this class will increase. Hard White wheat production makes up about 5% of Kansas' wheat crop. This new class of wheat is grown in the western and central parts of Kansas.

**Hard Red Spring** (HRS), an important bread wheat, maintains the highest protein content, usually 13-14%, in addition to good milling and baking characteristics. Hard Red Spring is grown in the north central United States.

**Soft White** (SW) is a preferred wheat for flat breads, cakes, pastries, crackers and noodles. Soft white is a low protein wheat, usually about 10%. SW is grown primarily in the Pacific Northwest.

**Durum**, the hardest of all U.S. wheats, provides semolina for spaghetti, macaroni and other pasta products. This spring-seeded wheat is grown primarily in the same northern areas as Hard Red Spring, while smaller winter-sown quantities are grown in Arizona and California.

# Bruschetta

*Enjoy this simple Italian appetizer.*

- 12 small slices French bread or Italian bread, toasted
- 3 large tomatoes, chopped
- 1 tablespoon olive oil
- 3 tablespoons chopped fresh basil
- $\frac{1}{4}$  teaspoon salt

Combine tomatoes, oil, basil and salt in a covered bowl and let marinate at least 4 hours. Do not refrigerate because the tomatoes will lose their flavor.

Use a slotted spoon to layer on to the toasted bread. Serve immediately.

Makes 6 servings.

Note: This is a great way to use leftover bread.

Nutrition Analysis: One serving (2 slices) provides approximately: 176 calories, 4 g fat (1 g saturated), 0 mg cholesterol, 410 mg sodium, 30 g carbohydrates, 3 g fiber, 5 g protein, 62 mcg folate, 2 mg iron.

# Chocolate Cherry Cookie Mix in a Jar

*This recipe makes a great gift!*

- $\frac{3}{4}$  cup granulated sugar
- $\frac{1}{3}$  cup baking cocoa
- $\frac{1}{2}$  cup brown sugar, packed
- 1  $\frac{1}{2}$  cups dried cherries\*
- 1 cup semi-sweet or milk chocolate chips
- 1  $\frac{3}{4}$  cups all-purpose flour
- 1 teaspoon baking powder
- $\frac{1}{2}$  teaspoon baking soda

\* A blend of dried fruits (cranberries, apples and cherries) can be substituted.

In a small bowl, whisk together the flour, baking powder and soda.

In a wide mouth quart canning jar, layer ingredients in order listed. Press down ingredients after each addition before adding next ingredient. Place the lid on to tightly pack the last layer. Cut fabric in a 6-inch circle; lay over lid and screw on jar band.

Copy label below and attach with tape or punch a hole and tie with a ribbon.

## Chocolate Cherry Cookies

Directions:

Makes 3 dozen

Preheat oven to 375°F. In a large mixing bowl, empty the jar of cookie mix. Thoroughly blend the ingredients.

Add  $\frac{3}{4}$  cup softened margarine or butter, 1 large egg, slightly beaten, and 1 teaspoon vanilla. Mix until completely blended; it will be stiff and will require hand mixing.

Grease or line baking sheets with parchment paper. Shape dough into  $1\frac{1}{2}$ -inch balls. Place 2 inches apart on baking sheets. Bake 12 -15 minutes. Cool 5 minutes on baking sheet. Remove to racks to finish cooling.

Recipe ingredients: Dried cherries, enriched wheat flour, chocolate chips, margarine, granulated and brown sugars, whole egg, cocoa, baking powder, vanilla extract and baking soda.

Nutrition Analysis: One of 36 cookies (1.1 oz each) provides approximately: 131 calories; 5 g fat (2 g saturated), 6 mg cholesterol, 74 mg sodium, 20 g carbohydrate, 1 g dietary fiber, 1 g protein, 10 mcg folate, 1mg iron.

# Fajitas

*Wheat flour tortillas form the base of this meal.*

- 12 (6-inch) low fat flour tortillas
- 3 tablespoons red wine vinegar or red wine
- 3 tablespoons vegetable oil
- 1/2 teaspoon cumin
- 1/2 teaspoon salt
- 1 clove garlic, pressed
- 2 teaspoons lime juice
- 1 pound top round beef steak cut into 3/4 inch julienne strips
- 2 medium sweet peppers (red, green or yellow), sliced
- 1 medium onion, sliced into rings

## Toppings:

- 1/2 cup guacamole
- 1/2 cup salsa or picante sauce
- 1/2 cup light sour cream
- 1/2 cup low fat shredded cheddar cheese

Combine vinegar, oil, cumin, salt, garlic and lime juice. Marinate meat in mixture for 2-3 hours in the refrigerator. Drain thoroughly. Over medium-high heat, in a large skillet, brown meat with peppers and onions.

Warm tortillas and serve immediately with drained meat mixture and toppings.

Makes 12 servings.

Nutrition Analysis: One serving (one fajita) provides approximately: 259 calories, 9g fat (2g saturated), 38mg cholesterol, 525mg sodium, 26g carbohydrates, 2g fiber, 18g protein, 10 mcg folate, 2 mg iron.

Note: If you would like to make the tortillas, a recipe can be found in the Kansas Wheat Commission Recipe Book Archive, 2001 Recipe Book at [www.kswheat.com](http://www.kswheat.com).

# Grilled Pizza

*This is a fun way to prepare pizza.*

- |  |   |
|--|---|
| 1 ready-to-bake pizza crust (9-12")<br>or dough for 1 large or 2 small<br>pizza crusts (See Easy Wheat<br>Pretzels for dough recipe) | 3 large mushrooms, sliced   |
| 1 $\frac{1}{3}$ tablespoons olive oil, divided   | 1 tablespoon balsamic vinegar                                     |
| $\frac{1}{2}$ small zucchini, sliced (about<br>$\frac{1}{2}$ cup)  | 1 boneless chicken breast   |
| $\frac{1}{2}$ red, yellow or green bell pepper,<br>seeded and sliced into rings  | $\frac{1}{2}$ cup part-skim mozzarella cheese,<br>shredded        |
| 1 medium red onion, sliced into<br>rings (about 1 cup)   | 1 tablespoon fresh basil leaves,<br>chopped or 1 teaspoon dried   |
|  | 1 tablespoon fresh oregano leaves,<br>chopped or 1 teaspoon dried |
|  | $\frac{1}{4}$ cup grated Parmesan cheese                          |

Lightly brush one side of pizza crust(s) with 1 teaspoon of the olive oil. Place crust, oiled side down, directly on grill rack. Lower grill cover and grill 4-6 inches over medium coals for about 3 minutes. Remove crust from grill; set aside.

Combine zucchini, pepper, onion, mushrooms, vinegar and 1 tablespoon oil in large bowl; toss to coat vegetables. Place vegetables on foil and place on grill. Pepper and onions take about 8 minutes; squash and mushrooms about 4 minutes. Remove vegetables from grill as they reach desired tenderness.

Grill chicken 4-6 inches over medium hot coals, turning frequently until done. Cut breast into  $\frac{1}{2}$ -inch cubes.

Sprinkle mozzarella cheese over pizza crust. Layer with grilled vegetables, chicken, basil and oregano. Top with Parmesan cheese.

Raise grill rack to highest setting, or turn gas grill to low. Place pizza on grill rack. Cover; grill 10-12 minutes or until cheese and toppings are hot.

Watch closely to avoid burning. Makes 8 slices.

Nutrition Analysis: One slice provides approximately: 221 calories, 9 g fat (3 g saturated), 29 mg cholesterol, 357 mg sodium, 20 g carbohydrates, 1 g fiber, 14 g protein, 7 mcg folate, 3 mg iron.

# Strawberry Pecan Coffee Cake

*This is tasty for breakfast or afternoon coffee.*

1 cup sliced, fresh strawberries *	2 tablespoons margarine or butter, melted
3 tablespoons brown sugar, packed	1 teaspoon vanilla
1/2 cup all-purpose flour	1 large egg
1/2 cup whole wheat flour	1/4 cup pecans, chopped
1/3 cup granulated sugar	
1/2 teaspoon baking powder	
1/4 teaspoon baking soda	Icing: (optional)
1/8 teaspoon salt	1/4 cup confectioners' sugar
1/2 cup light sour cream	1 1/2 teaspoons low-fat milk
	1/4 teaspoon vanilla

\*Frozen, whole strawberries may also be used. Thaw before using in recipe.

Preheat oven to 350°F. Spray an 8" round cake pan with cooking spray.

In a small bowl, combine strawberries and brown sugar; set aside. In a large bowl, combine all-purpose flour, whole wheat flour, granulated sugar, baking powder, baking soda and salt.

In a separate bowl, combine sour cream, margarine, vanilla and egg. Mix well and add to flour mixture. Stir just until moistened.

Spoon 2/3 of the batter into the prepared pan. Spread strawberry mixture evenly over the batter. Top with remaining batter. Sprinkle pecans on top.

Bake 30-35 minutes or until a wooden pick inserted in the center comes out clean. Cool 10 minutes on a wire rack before removing from pan.

Combine icing ingredients and drizzle over cake. Serve warm or at room temperature.

Makes 10 servings.

Nutrition Analysis: One serving of coffee cake, without icing, provides approximately: 153 calories, 6 g fat (1 g saturated), 25 mg cholesterol, 132 mg sodium, 23 g carbohydrates, 2 g fiber, 3 g protein, 18 mcg folate, 1 mg iron.

# Pocket Fruit Pies

*An easy snack or dessert that's full of fruit and flavor.*

- 4 (8-inch) low fat flour tortillas
- 1 large apple or 2 medium peaches or pears
- 2 tablespoons brown sugar
- $\frac{1}{4}$  teaspoon ground cinnamon
- $\frac{1}{8}$  teaspoon ground nutmeg
- 1 tablespoon milk  
sugar (optional)

Preheat oven to 350°F. Peel and chop fruit into small pieces.

Warm tortillas in microwave or oven to make them easier to handle. (Place tortilla in the microwave, covered with a paper towel and microwave for about 30 seconds, until it begins to puff.)

Place  $\frac{1}{4}$  of the fruit on each tortilla.

In a small bowl, stir together brown sugar, cinnamon and nutmeg. Sprinkle over fruit. Roll up the tortillas and place seam side down on baking sheet sprayed with cooking spray.

With knife, make small slashes on top to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired.

Bake 8-12 minutes or until lightly brown.

Serve warm or cold.

Makes 4 fruit pies.

Nutrition Analysis: One pie provides 153 calories, 2 g fat (0 g saturated), 0 mg cholesterol, 285mg sodium, 33 g total carbohydrates, 2 g dietary fiber, 3 g protein, 0.36 mcg folate, 1 mg iron.

Wheat

Foods

Council

answers

puzzling

questions

about

nutrition.

### ***Go with grains for better health.***

High-carbohydrate intake correlates with better nutrition and health. A USDA study indicates high-carbohydrate diets are more nutritious than low-carbohydrate diets because they provide a greater intake of vitamins A, C, carotene and folate, and the minerals calcium, magnesium, and iron. Also, adults who follow such diets are more likely to be in the normal weight range, with the lowest average body mass index.

### ***For a healthy weight, keep all pieces of the Pyramid puzzle.***

With grains at the base of the Food Guide Pyramid, wheat foods are the base of a daily balanced diet — and for good reason. Strategies that contribute to weight loss success include eating a low-fat, high-carbohydrate diet and maintaining high levels of physical activity.

### ***New folic acid story to the grain***

Folic acid is not anymore. Increasing can reduce common with high cholesterol women. By lowering levels in the blood, risk of heart disease

### ***Deciphering the glycemic index.***

Although some studies indicate diets with a low glycemic load may be useful in preventing diabetes and coronary heart disease, the glycemic index of a food is only one of its dietary attributes. The glycemic index ranks carbohydrate foods on how quickly the carbohydrates enter the bloodstream and elevate blood sugar. Until large-scale studies are completed using the glycemic index in a variety of circumstances and disease conditions, foods should not be included or excluded based on a single dietary attribute.

### ***Grains energize your life!***

More than any other food group, grains give you the opportunity to harvest your energy. Loaded with energy boosting antioxidants, complex carbohydrates, fiber, and folic acid, grain foods take you through your day – and your life — in the healthiest way. Not only do the complex carbs in grains minimize appetite, the fiber may help prevent cancer while the carbohydrates boost serotonin levels. With a daily intake of six to 11 servings of grains, you are sure to be healthy and full of energy.

### ***Grains adds a piece to the nutrition puzzle.***

Grains are just for women. Increasing folic acid intake reduces risks associated with heart disease in both men and women. Increasing homocysteine levels. Folate reduces the risk of heart disease and stroke.

### ***Piecing it all together with grains.***

Six to 11 servings of grain foods daily may seem like a lot, but the truth is it's easy to add grain foods and the benefits they deliver. Keep a bag of low-fat grain snacks, such as pretzels or cereal, nearby to help curb mid-afternoon hunger pangs. Also, try adding granola or wheat germ to your morning yogurt.

### ***Enriched, wheat, or whole wheat?***

#### ***Sorting the bread puzzle.***

Enriched bread is made from enriched white flour, which comes from the endosperm of the wheat kernel and is fortified with iron, B-vitamins and, in some cases, calcium. Whole-grain bread is made from whole-grain flour, or, the entire wheat kernel, and naturally contains fiber, antioxidants and phytoestrogens. Wheat bread is made from a combination of white and whole grain flour and provides a combination of their benefits.

Puzzled

about

proper

nutrition?

You won't

be once

you have

all the

pieces.

# 100% Whole Wheat Muffins

*Using Kansas white whole wheat flour makes a golden whole grain muffin.*

- 1/2 cup margarine or butter
- 1/2 cup granulated sugar
- 1/2 cup light brown sugar
- 1 teaspoon baking soda
- 1 large egg
- 1/4 teaspoon vanilla
- 1 cup low fat milk
- 2 cups whole wheat flour \*

\* White whole wheat flour — for list of suppliers go to [www.kswheat.com](http://www.kswheat.com).

Preheat oven to 400°F. Have ingredients at room temperature.

Line muffin tin with paper baking cups or grease bottom of muffin tin with cooking spray.

With electric mixer, cream margarine, granulated sugar, brown sugar and baking soda together, scraping bowl with spatula.

In a small bowl, using a fork, beat together the egg and vanilla; add to creamed mixture. Beat until light and fluffy.

Add the milk to the creamed mixture. Gradually add the whole wheat flour and lightly stir the ingredients together so dry ingredients are barely moistened. Over mixing will make the muffins tough with tunnels.

Fill muffin tins 2/3 full and bake 15-17 minutes or until browned and done.

Remove from muffin tin and cool on wire rack.

Makes 12 muffins.

Safety tip: This recipe and most batters contain raw egg. Don't lick the spoon or eat the batter, because the raw egg can make us ill — especially young children. Wait until the batter is baked and then enjoy!

Nutrition Analysis: One muffin provides approximately: 205 calories, 9 g fat ( 2 g saturated), 19 mg cholesterol, 212 mg sodium, 30 g carbohydrates, 2 g fiber, 4 g protein, 11 mcg folate, 1 mg iron.

# Tom Turkey Bread Centerpiece

*A fun decoration that is good enough to eat!*

## Dough:

- 1 ¼ cups warm water
- 3 ¼ cups all-purpose flour
- 2 tablespoons dry milk
- 2 tablespoons granulated sugar
- 1 ½ teaspoons salt
- 2 tablespoons oil
- 1 ¼ teaspoons bread machine yeast or fast rise yeast

## Decorations:

- 1 large egg
- 1 tablespoon water
- 1 raisin

**Bread Machine Method:** Place ingredients in the pan in the order listed and select the Dough setting; press start. Check dough after 5 minutes. Dough should form a ball around the kneading blade. If it is too dry, add 1 tablespoon of water; if too wet, add 1 tablespoon of flour at a time. When cycle has been completed, remove dough from machine.

**Traditional Method:** Dissolve yeast in water (110°-115°F) and mix in the remaining ingredients. Knead dough 7-8 minutes. Cover; let rise until double. Punch down dough, cover, and let rest 10 minutes.

**Frozen Dough Method:** Thaw 1 ½ pounds of frozen bread dough, following manufacturer's instructions, but keep dough cool.

To shape turkey: Divide dough in half. Form one-half into a ball and flatten with rolling pin into a 6-inch circle. Place on large greased baking sheet.

Cut remaining half into ten equal pieces; shape into balls. Form eight of the balls into teardrop shapes about 4 inches long. Flatten with rolling pin. Using scissors, make clips on sides and top to form feathers. Place around turkey for tail feathers.

For head and neck, roll one ball into an 18-inch rope. Twist rope; fold in half. Using fingers, make a 3-inch vertical indentation in the body. Place rope in the indentation placing fold at bottom. Curve top so it resembles a candy cane, pinching ends together to seal.

Cut remaining ball into two pieces; flatten each into 2-inch circles. Cut wedges out to form feet. Tuck top of feet under body.

For beak, take scrapes of dough and flatten. With scissors, cut a diamond shape; fold in half. Position in curve of the head.

For eyes, flatten raisin and cut in half. On each side of beak, clip dough with scissors and place raisin in cuts.

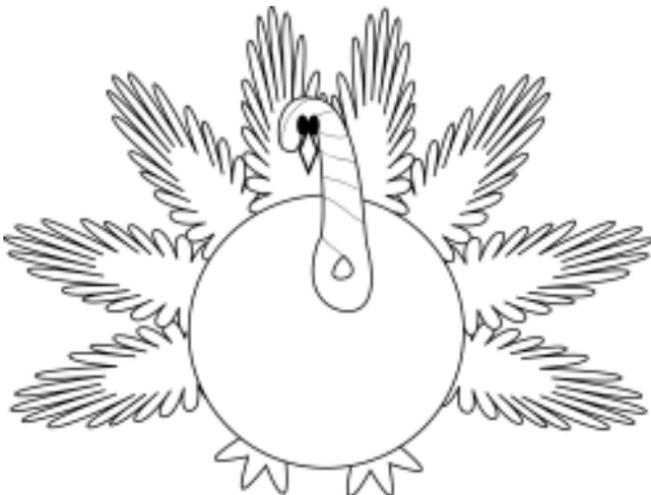
Beat together 1 egg and 1 tablespoon water. Using pastry brush, brush entire surface with mixture. Let rise uncovered 25-30 minutes or until almost double.

Bake at 350°F for 25-30 minutes or until golden. (If one area browns more quickly cover with foil and continue baking.)

Place on cooling rack; let dry at room temperature for several days.

Use a picture holder to stand up turkey. Decorate table with turkey surrounded with fall fabric, leaves, wheat stalks, pumpkins and flowers.

Note: If you plan to eat the “turkey” as part as your meal, do not let dry.



# Whole Wheat Sticks

*Fix these sticks for a hurry-up breakfast.*

- 4 slices whole wheat bread
- 2 large eggs
- 2 tablespoons low fat milk

Topping: (optional)

- Confectioners' sugar
- Cinnamon

Preheat oven to 350°F. Spray a baking sheet with cooking spray and set aside.

Cut each slice of bread into four strips lengthwise to make sixteen strips in all.

In a small bowl, combine eggs and milk; beat with a fork until frothy. Dip each “stick” of bread in egg mixture and place on baking sheet.

Bake the sticks 12-14 minutes or until they are thoroughly cooked. Look for a golden, dry appearance. If they are still shiny, bake them a minute or two longer until the egg is completely cooked.

Sprinkle lightly with confectioners' sugar and cinnamon. Serve warm.

Makes 16 sticks.

Note: For a special treat, you may want to dip the sticks in applesauce. Add a glass of milk, and breakfast is ready.

Reminder: Wash your hands after you handle raw eggs. This way the germs that might be on the eggs can't make you ill.

Nutrition Analysis: One serving (4 sticks) provides approximately: 110 calories, 4 g fat (1 g saturated), 107 mg cholesterol, 183 mg sodium, 14 g carbohydrates, 2 g fiber, 6 g protein 26 mcg folate, 1 mg iron.

# Easy Wheat Pretzels

*Make these favorite pretzels for snacks or parties.*

2 packages active dry yeast  
1 1/2 cups warm water (105-115°F)  
1/4 cup sugar  
2 cups whole wheat flour  
1/3 cup vegetable oil  
1 3/4 teaspoons salt  
2-2 1/4 cups all-purpose flour

Topping:(optional)

1 beaten egg white  
plus 1 tablespoon water  
Sesame seeds  
Poppy seeds

In a large mixing bowl, dissolve yeast in warm water. Let set 5 minutes. Add sugar, whole wheat flour, oil and salt; beat 2 minutes. Gradually add enough of the all-purpose flour to make a soft dough.

Knead dough 10 minutes. Cover bowl and let rest 30 minutes.

To shape pretzels, divide dough into 24 equal pieces; cover and let rest 5 minutes. On unfloured surface, roll each into a uniform 20-22-inch rope (the size of a pencil). Shape into a pretzel by making a circle, overlapping the two ends, twisting them once and then pressing them onto the bottom curve of the circle.

Place on greased baking sheets and form into a heart shape. Using a pastry brush, brush pretzels with a mixture of 1 beaten egg white and 1 tablespoon water. Sprinkle with sesame or poppy seeds or leave plain.

Bake in preheated 425°F oven 13-15 minutes or until golden. Remove from baking sheets; cool on wire rack. Makes 24 pretzels.

Nutrition Analysis: One pretzel provides approximately: 170 calories, 4g fat (0g saturated), 0 mg cholesterol, 171 mg sodium, 30g carbohydrates, 2 g fiber, 4 g protein, 60 mcg folate, 2 mg iron.

Safety Tip: Make sure your countertop is clean. Sanitize the counter by mixing 2 teaspoons bleach in 1 quart water. You can put this mixture in a spray bottle for easy cleaning. Be sure to use a paper towel or clean dish cloth to clean before and after working with food.

Note: Dough can also be used for pizza crust.



# Perfect Pumpkin Pancakes

*Pumpkin — it's not just for pies anymore.*

2 cups all-purpose flour	1 large egg
2 tablespoons brown sugar	½ cup canned pumpkin
1 tablespoon baking powder	1 ¾ cups low fat milk
1 ¼ teaspoons pumpkin pie spice*	2 tablespoons vegetable oil
1 teaspoon salt	

In a large mixing bowl, combine flour, brown sugar, baking powder, pumpkin pie spice and salt.

In a medium bowl, combine egg, pumpkin, milk and oil, mixing well.

Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. (For thinner batter, add more milk).

Lightly coat a griddle or skillet with cooking spray and heat on medium.

Using a ¼-cup measure, pour batter onto hot griddle. Cook until bubbles begin to burst, and then flip pancakes and cook until golden brown, 1 ½ - 2 ½ minutes. Repeat with remaining batter.

Makes 12 (4") pancakes.

\*If you don't have pumpkin pie spice on hand, you can substitute ¾ teaspoon cinnamon, ¼ teaspoon nutmeg and ⅛ teaspoon each of ginger and cloves for the pumpkin pie spice.

Note: To check the temperature of the skillet or griddle to see if it is hot enough for pancakes, just sprinkle a few drops of water on the surface. If they dance and sizzle, you are ready to cook the pancakes.

Nutrition Analysis: One serving (2 pancakes) provides approximately: 261 calories, 7g fat (1 g saturated), 38 mg cholesterol, 685 mg sodium, 42 g carbohydrates, 2 g fiber, 8 g protein, 74 mcg folate, 3 mg iron.

Tip: Make these pancakes on a weekend; cool and place in sealable bags and freeze. For a quick breakfast during the week, warm pancakes in the microwave. Measure remaining pumpkin in ½ cup portions, label and freeze for later use.

# Pita Pockets In A Bag

*Fun to make and eat!*

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1 ¼ teaspoons (½ package) active dry yeast
- ¾ teaspoon salt
- 2 teaspoons vegetable oil
- ¾ cup water (80°F)
- ¼ cup corn meal

In a large plastic bag, shake together the all-purpose flour, whole wheat flour, yeast and salt. Add oil and water.

Close the bag and seal; gently knead the ingredients to mix thoroughly. If the dough is dry, add 1 tablespoon water, knead and repeat as needed. Or, add a tablespoon of flour if sticky. Continue kneading until dough pulls away from the sides of the bag.

Turn the dough onto a lightly floured surface. Knead dough 5 minutes, using as little flour as possible. Dough should be moist, not dry.

Cover dough with plastic bag and let rest 15 minutes. Preheat oven to 475°F.

Divide dough into 6 pieces; shape in balls as for rolls. Cover; let rest 10 minutes. With rolling pin, flatten balls into 5 - 5 ½ inch circles (⅛-inch thick). Sprinkle ungreased baking sheet or baking stone with commel. Place 2-3 pitas on each sheet.

Bake pitas 5-6 minutes until puffed and lightly browned. Do not open oven while pitas are baking or they may not puff up. Or bake in a 450°F preheated electric skillet with a cover until puffed and brown. Turn over to brown other side.

The pita's surface should be browned and puffed, and a pocket should form inside. The surface is dry but not crisp. The pita should be moist inside, but not doughy.

To serve, cut each pita in half using knife or scissors and stuff with vegetable, meat or cheese fillings.

Makes 6 pitas.

Nutrition Analysis: One whole pita provides approximately: 183 calories, 2 g fat (0g saturated), 0 mg cholesterol, 294 mg sodium, 36 g carbohydrates, 4 g fiber, 6 g protein, 95 mcg folate, 2 mg iron.

# How the Wheat Producer's Penny Is Used

### *Development of KSU wheat varieties*

KSU varieties — including Jagger, 2137 and Karl — consistently make about two-thirds of the wheat planted in Kansas. Through the one-cent per bushel wheat assessment, Kansas wheat producers fund nearly half of KSU's wheat breeding program.

### *International market development projects*

KWC continually works with the U.S. Department of Agriculture (USDA) and industry to increase exports. KWC is the largest state contributor to U.S. Wheat Associates, which conducts trade servicing, technical assistance and consumer promotion around the globe.

### *Domestic industry*

KWC works with the Wheat Foods Council to increase awareness of dietary grains as an essential component to a healthy diet.

KWC also cooperates with the Wheat Quality Council to enhance the milling and end-use qualities of all classes of wheat in all regions of the United States.

Kansas is fortunate to have volunteer spokespersons from across the state who donate their time to promote the production and usage of Kansas wheat.



This booklet is provided to you through  
funding from Kansas wheat producers.

Each recipe has been tested in the  
Kansas Wheat Commission kitchen  
to ensure your success and enjoyment.

*Cindy Falk, Domestic Marketing Specialist*

# *Recipes 2003*



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