

HERBED BREAD KNOTS

1 (1/4 ounce) envelope rapid rise yeast	1 Tablespoon water
1 cup warm water (100-110 degrees)	1 Tablespoon Parmesan or mixed cheese
3 1/2 cups flour	1 teaspoon dried oregano leaves
2 Tablespoons sugar	1 teaspoon dried basil leaves
1 1/2 teaspoons salt	1/2 teaspoon garlic salt
3 Tablespoons olive oil	1/2 teaspoon black pepper
1 egg yolk	

Preheat oven to 200 degrees. Combine yeast and 1 cup warm water and let stand 5 minutes. Combine flour, sugar, salt in a heavy-duty mixing bowl. Add yeast mixture and oil. Mix at low speed in an electric mixer with a bread hook until combined. Continue kneading in mixer for 5 minutes. Divide dough into 20 equal balls. Roll each ball into a 7 inch rope and twist into a knot. Combine egg yolk and 1 Tablespoon of water; brush over rolls. Combine remaining ingredients and sprinkle over rolls. Place rolls on parchment lined baking sheet. Turn oven off. Cover rolls loosely with plastic wrap; place in oven and let rise about 20 minutes or until doubled in bulk. Remove from oven and preheat oven to 400 degrees. Discard plastic wrap. Bake for 15-17 minutes or until golden.

Yield 20 servings. 95 calories each.

Lawson Hamilton

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Senior – Bread and Cereal