

Onion and Olive Focaccia

Bread:

1	cup	warm water, 100 to 110° F (40 to 45° C)	250	mL
1	tsp.	granulated sugar	5	mL
2 ¼	tsp.	quick rise instant yeast	11	mL
2	cups	unbleached all purpose flour	500	mL
½	cup	ground flaxseed	125	mL
1	tbsp.	whole flaxseed	15	mL
1	tsp.	salt	5	mL
2	tbsp.	canola oil	25	mL
1	tbsp.	cornmeal	15	mL

Topping:

2	tbsp.	canola oil	25	mL
		fresh ground pepper to taste		
¼	cup	slivered red onion	50	mL
¼	cup	sliced black or stuffed manzanillo olives	50	mL
2	tbsp.	finely chopped fresh basil	25	mL
1	tbsp.	grated Parmesan cheese	15	mL
1	tsp.	whole flaxseed	5	mL

- In a bowl, combine water and sugar. Stir well.
- Add yeast. Stir to dissolve.
- In a large bowl, combine flour, ground flaxseed, whole flaxseed and salt. Mix well.
- Add yeast mixture and canola oil. Mix well to make a soft dough.
- Knead dough on floured surface until smooth and no longer sticky, about 4 minutes.
- Place dough in a well greased bowl, turning over to grease top.
- Cover loosely with plastic wrap. Let rise in a warm place until doubled in size, 30 to 45 minutes.
- Spray a baking sheet or pizza pan with a nonstick cooking spray. Sprinkle with cornmeal.
- Punch dough down and form into a ball. Press with fingers to form a 10 inch (25 cm) circle
- Place on prepared pan, cover loosely with plastic wrap. Let rise until double in bulk, about 30 minutes.
- Place oven rack on second rung from bottom. Preheat oven to 400° F (200° C).
- Make deep depressions in dough with fingers approximately 2 inches (5 cm) apart. Drizzle canola oil over top and season with pepper.
- Sprinkle onion, olives, basil, Parmesan and whole flaxseed over top. Bake until lightly browned, 20 to 25 minutes.
- Cut into 8 wedges and serve warm.

Yield: 8 servings

Serving Size: 1 wedge

Single Serving Nutrient Values

Calories	240.04	
Protein	6.39	g
Carbohydrate	31.21	g
Fiber	4.18	g
Fat	11.57	g
Saturated	2.42	g
Monounsaturated	4.81	g
Polyunsaturated	3.20	g
Cholesterol	.50	mg
Folate	75.99	mcg
Potassium	144.39	mg
Sodium	348.41	mg