

Herb & Garlic Pita

2 1/2	cups	unbleached all purpose flour	625	mL
2 1/4	tsp.	active dry yeast	11	mL
1	tsp.	granulated sugar	5	mL
1/2	tsp.	salt	2	mL
1	cup	warm water, 100 to 110° F (40 to 45° C)	250	mL
1/4	cup	ground flaxseed	50	mL
2	tsp.	whole flaxseed	10	mL
2	tsp.	crushed basil	10	mL
2	tsp.	crushed oregano	10	mL
1/2	tsp.	garlic powder	2	mL
1	tbsp.	flax oil	15	mL

- In mixer bowl, combine 1 cup (250 mL) flour, yeast, sugar and salt.
- Add water, beat 2 minutes on medium speed.
- Add 1/2 cup (125 mL) flour, ground flax, whole flaxseed, basil, oregano and garlic powder. Beat on high 1 minute.
- Add remaining flour to make a soft dough.
- Knead dough on floured surface until smooth, 5 to 7 minutes.
- Place dough in large oiled bowl. Turn dough to oil all sides. Cover.
- Set in warm spot to rise until double in bulk, 1 hour.
- Punch down dough, let rest 30 minutes.
- Preheat oven to 450° F (220° C).
- Divide dough into 6 equal pieces. Shape each into a ball.
- On a floured surface, roll each ball into a 6 inch (15 cm) circle.
- Place pitas on lightly floured baking sheets.
- Bake in centre of oven until pita is puffed and brown, 15 minutes. Remove to counter.
- Brush tops lightly with flax oil.
- Let cool 5 minutes. Put in large plastic bag. Do not seal until completely cool.

Yield: 6 servings

Serving Size: 1 whole pita

Serving Suggestions:**Suggestion #1 – Pita Chips**

Preheat oven to 325° F (170°C). Split pita in half into 2 rounds. Cut each round into 8 wedges. Will have 16 wedges in total. Lay flat on baking sheet. Bake until dry, 5 to 6 minutes. Serve with hummus, baba ghanoush or any dip. Serves 2.

Suggestion #2

1	pita halved, crosswise	1
1	tomato, diced	1
1/3	cup diced cucumber	75 mL

2	tblsp.	diced red onion	25	mL
1/4	cup	crumbled feta cheese	50	mL
1/2	tsp.	crumbled oregano	2	mL
		Ranch dressing		

In a bowl, toss together tomato, cucumber, onion, feta and oregano. Open pita from cut side to form a pocket. Divide filling mixture between both pockets. Drizzle Ranch dressing over.

Suggestion #3

Use whole pita shell as a base for a pizza. Top with pizza sauce, topping and cheese of your choice. Heat in centre of a preheated 400° F (200° C) oven until cheese melts.

Single Serving Nutrient Values

Calories	230.07	
Protein	7.06	g
Carbohydrate	40.38	g
Fiber	3.24	g
Fat	4.78	g
Saturated	1.24	g
Monounsaturated	1.11	g
Polyunsaturated	2.31	g
Cholesterol	0	mg
Folate	102.29	mcg
Potassium	75.89	mg
Sodium	163.32	mg