



Roti

Adapted from *Good and Cheap*



Ingredients

- 2 cup whole-wheat flour
- 1 tsp. salt
- 1 cup water



Directions



Yield: 8 roti

Serving size: 1 roti

Total cost: \$0.29

Serving cost: \$0.04

1. Mix flour, salt, and water in small bowl with clean hands. Knead until smooth (2-5 min) and form into ball. Cover with damp towel or paper towel and set aside for 10-60 min.
2. Divide dough into 8 small balls.
3. Sprinkle flat surface with flour. With a rolling pin, roll out each ball of dough to 1/8 inch thick.
4. Heat a nonstick skillet to medium heat. Once hot, add roti and cook until the dough lifts away from the pan and small bubbles form (1-2 min). Flip roti and cook on the other side until light brown bubbles form all over the dough. Do not let it get too dark and crunchy.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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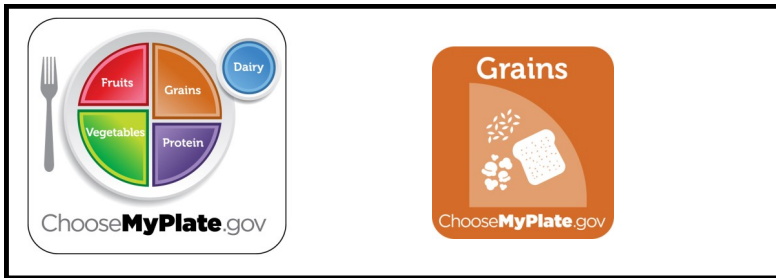
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Fast Facts



Featured Food Groups



Nutrition Facts	
8 servings per container	
Serving size	1 roti
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 22g	8%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 13mg	0%
Iron 1.08mg	6%
Potassium 94mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cooking Tips



- Keep under a towel on counter or warm oven until ready to serve.
- Serve with your favorite Indian dish.

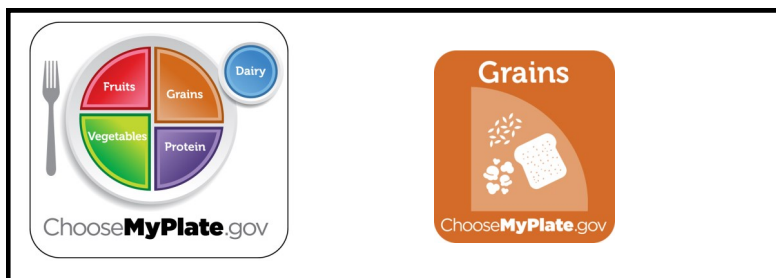
Second Harvest is an equal opportunity provider.



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