



Easy Onion Focaccia

INGREDIENTS:

1 T	sugar
1 T	yeast
12 oz	water
1 lb 2 oz	all-purpose flour
2 t	sea salt
3 oz	onion, chopped fine
2 t	olive oil
2 T	chopped fresh rosemary

PREPARATION:

- Combine sugar, yeast, flour, 1 ½ t salt, and chopped onion in mixing bowl.
- In saucepot, combine oil and water; heat to 120°F.
- Add the water mixture to the dry mixture at low speed of mixture until dry ingredients are moist.
- Increase mixer speed to medium and continue mixing for approximately 5 minutes.
- Place the dough in an oiled bowl, cover and let rise until doubled in size.
- Punch dough down, then flatten onto an oiled sheet pan. It should be no more than 1 inch thick.
- Brush top of dough with olive oil.
- Let the dough rise until doubled, about 15 minutes.
- Sprinkle top of dough with chopped rosemary and remaining ½ t salt.
- Bake at 400°F until lightly browned, approximately 20 minutes.

Servings: 12

Calories per serving: 171

Fat grams per serving: 1

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