

Whole Wheat Flatbreads with Tomato-Avocado Salsa



Salsa

- 1½ cups plum tomatoes, seeded and finely chopped
- ¼ cup red onion, finely chopped
- 1 avocado, cut into ¼-inch cubes
- 1 to 2 tablespoons finely chopped jalapeño pepper*
- 1 tablespoon lemon juice
- 2 tablespoons cilantro, finely chopped
- ¼ teaspoon salt

Flatbreads

- 2 cups white whole wheat flour or 1¾ cups whole wheat flour and ¼ cup white flour
- ¼ teaspoon salt
- ⅞ to 1 cup water
- ½ cup all-purpose flour for rolling
- 2 tablespoons melted butter (optional)

*Jalapeño peppers can sting and irritate the skin, so wear rubber gloves when handling peppers and do not touch your eyes.

1. Combine salsa ingredients in medium bowl. Cover and let chill.
2. To make flatbreads, mix white whole wheat flour and salt in medium bowl. Make a well in center of flour. Add water gradually while mixing dough. (Depending on the type of flour, the amount of water needed may vary slightly.) (Dough should be soft and easy to roll into a ball.) Knead dough 1 to 2 minutes until smooth and elastic. Cover and let sit 10 minutes or longer.
3. Preheat oven to broil. Lightly spray baking sheets with cooking spray. Place ½ cup all-purpose flour for rolling in shallow container.

4. Divide dough into 8 balls. Press to flatten. Roll each flat ball in flour. Then roll each flat ball into approximately ¼-inch-thick oval.

5. Place 3 to 4 flatbreads on baking sheet. Broil 2 to 3 minutes (the flatbreads will puff) about 5 to 6 inches from heat source until top is light brown. Turn over and broil 1 to 2 minutes until light brown. If desired, lightly brush tops of flatbreads with

butter to keep them moist. Serve immediately or place in air-tight container to serve later. Just before serving, top with salsa.

Makes 8 servings
(1 flatbread with 2
tablespoons salsa
per serving)

Dietary Exchanges:

½ Fat, 2 Starch

Calories 152, Total Fat 3g, Saturated Fat 0g, Protein 5g, Carbohydrate 28g, Cholesterol 0mg, Dietary Fiber 5g, Sodium 150mg

