

Homemade Focaccia Bread

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 24

Ingredients	Quantity	Measure
Sugar, granulated	3 ½	ounces
Water, warm	17 ½	ounces
Dry active yeast	4 ½	teaspoons
All-purpose flour	7	cups
Olive oil	3 ½	ounces
Salt	2	teaspoons
Cornmeal	¼	cup
Topping		
Kosher salt	1	tablespoon
Fresh basil, chopped	1	tablespoon
Fresh oregano, chopped	1	tablespoon
Fresh rosemary, chopped	1	tablespoon

Preparation

1. Measure out all ingredients first.
2. Dissolve sugar, warm water (**no hotter than 100 degrees**), and yeast in a mixing bowl allow to sit for 3 to 5 minutes until bubbly.
3. Add flour and olive oil to the standing mixer and mix with the dough hook on low speed for about 2 minutes.
4. Add salt and mix on medium speed for 8 minutes.
5. Place the mixing bowl with the dough in a proof box until it doubles in size.
6. Brush sheet pan with olive oil and sprinkle lightly with cornmeal.
7. When the dough has doubled, transfer the dough on to a sheet pan and press out evenly, using fingers to make indentions. Brush dough with oil and sprinkle with herb topping.

Topping

1. Chop herbs and blend with salt.
2. Sprinkle on top of dough.
3. Let rest for 20 minutes.
4. Bake at 400 degrees for 15- 20 minutes. Make sure there is plenty of bottom heat for bread to reach a golden brown.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 193 Total Fat: 5g Saturated Fat: 0.7g Monounsaturated Fat: 3 Polyunsaturated Fat: 0.6g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 34g Fiber: 4.6g Total Sugar: 4.3g Protein: 4g Sodium: 196mg Vitamin A: 1µg Vitamin C: 0.1mg Calcium: 11mg Iron: 0.6mg Folate: 28µg

