



## Dilly Bread

Yield: 15 single-slice servings

### Ingredients:

2 tablespoons sugar  
2 tablespoons vegetable shortening  
½ teaspoon salt  
1 egg  
2 tablespoons dehydrated onion flakes  
2 teaspoons dill seed  
¼ cup fat-free cottage cheese  
1 package active dry yeast  
¼ cup water, 115 F  
¾ cup scalded skim milk, cooled to 115 F  
3 to 3½ cups all-purpose flour, divided

### Procedure:

Mix sugar, shortening, salt, egg, onion flakes, dill seed and cottage cheese with electric mixer until well blended. Stir together yeast, water and milk and add to first mixture. Beat in 2 cups of the flour, ½ cup at a time. Stir in remaining flour to make a soft dough.

about 130  
calories and  
only 2.4  
grams of fat  
per slice

Knead on a floured surface for 10 minutes.  
Place dough in greased bowl, turn once,  
cover and let rise in a warm, draft-free  
location until doubled. Punch down, let rest  
for 10 minutes and shape into a round loaf.  
Place in a greased 9-inch pie tin and let  
rise for 30 to 40 minutes. Bake 45 minutes  
at 350 F.

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**Gram for gram, complex carbohydrates like the starch in flour contain less than half the calories found in fat.**

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