

Chewy Pretzels

(This recipe comes from the October 1994 issue of "Scholastic Early Childhood Today.")

Yield: 12 pretzels

Ingredients:

1½ cups warm water (110-115 F)
1 envelope active dry yeast
1 tablespoon sugar
4 cups all-purpose flour
1 teaspoon salt
1 egg

Procedure:

Mix the water, yeast and sugar together in a bowl and set aside for five minutes. Meanwhile, combine the flour and salt in a separate bowl. Add the yeast mixture to the flour-salt combination and stir together until dough forms into a ball. On a lightly floured surface, knead dough about 5 minutes until smooth. Let dough rest covered for about five minutes. During that time, beat the egg with an eggbeater in a separate bowl. Divide the dough evenly into 12 portions. Roll each ball into a "rope" about 12 to 15 inches long and then twist each rope into a pretzel shape.

about 160
calories and
less than 1
gram of fat
per pretzel

Brush pretzels with egg and place on baking pans that have been sprayed with cooking oil. Bake at 425 F until browned, about 10 to 15 minutes. Serve warm with your favorite dip or accompaniment.

Try dipping these pretzels in warm spaghetti sauce or a honey mustard sauce for added flavor without a lot of added fat and calories.



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