

# WHOLE WHEAT BREAD



**Serves 14 Preparation time 4 1/2 hours Cook time 38 minutes**

## Ingredients

### Sponge

- 1 cup water, warmed to about 110°F
- 1/3 cup 1% milk, warmed to about 110°F
- 7 grams Active dry yeast, 1 standard packet
- 2 cups whole wheat flour

### Dough

- 3 tablespoons honey
- 3 tablespoons unsalted butter, softened to room temperature
- 1 teaspoon fresh lemon juice
- 1-1/3 cups whole wheat flour, spooned & leveled
- 1-1/4 teaspoons salt

**Optional oat toppings:** 1 beaten egg white + 1 tablespoon whole oats

## Instructions

**Sponge:** In the bowl of a stand mixer, whisk the water, 1% milk and yeast together. Add the 2 cups of flour and stir with a silicone spatula until a thick batter forms. Cover with plastic wrap and allow to double in size at room temperature, about 60 to 90 minutes. This may take up to 2 hours.

After the sponge has doubled in size, add the honey, butter, lemon juice, remaining flour and salt. With the dough hook attachment or wooden spoon, beat on medium speed/mix until the dough comes together and pulls away from the sides of the bowl, about 3 minutes. If the dough seems to wet to the point where kneading would be impossible, beat in 1 more tablespoon of flour at a time until you have a workable dough, the dough should be soft and a little sticky, but still manageable to knead without sticking to your floured hands.

**Kneading the dough:** Keep the dough in the mixer and beat for an additional 8-10 full minutes or knead by hand on a lightly floured surface for 8-10 minutes. The dough should be ready when you poke the dough with your finger and it slowly bounces back.

**1st rise:** Lightly grease a large bowl with oil or nonstick spray. Place the dough in the bowl, turning it to coat all sides in the oil. Cover the bowl and allow the dough to rise in a warm environment for 1 and a half hours to 2 hours, or until the dough has doubled in size.

## Nutrition Facts

16 servings per container	
<b>Serving size</b>	<b>1 slice (53g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>120</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 150mg	<b>7%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 4g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 3g	<b>6%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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Grease a 9x5-inch loaf pan.

**Shape the dough:** When the dough is ready, punch it down to release the air. Lightly flour a clean work surface, your hands and a rolling pin. Roll the dough out in to a large rectangle, about 8x15 inches. It does not have to be perfect. Roll it up into an 8-inch log and place in the prepared loaf pan.

**2nd rise:** Cover shaped loaf loosely with plastic wrap. Allow dough to rise 1-inch above the top of the loaf pan, about 45-60 minutes.

Adjust oven rack to a lower position (so the top doesn't burn) and preheat to 350°F.

Optional oat topping: Right before baking the bread, brush the risen loaf with egg white, then sprinkle oats on top.

**Bake the Bread:** Bake for 36-40 minutes, or until golden on top. If you notice the top browning too quickly, loosely tent the pan with aluminum foil (usually around the 20-minute mark). To test for doneness, if you gently tap the loaf, it should sound hollow or when the internal temperature reaches 195-200°F. Remove the loaf from the oven and allow the bread to cool in the pan on a drying rack before slicing.

## TUNA SALAD

### Ingredients

4 5-ounce cans solid water-packed tuna well drained  
1/2 cup finely diced onion  
1/2 cup finely diced celery  
1 teaspoon celery salt  
2 tablespoons dill pickle  
1 tablespoon soy sauce  
1 1/4 cups mayonnaise plus more as needed  
salt and pepper to taste

### Instructions

Drain the tuna cans of their water as much as possible.  
Place the tuna, celery and onion into a large bowl and thoroughly mix in the dill pickle, celery salt and soy sauce and let sit for 10 minutes before adding the mayonnaise.  
Add the mayonnaise and mix well. Season with salt and pepper to taste. Cover with plastic wrap and refrigerate overnight.  
The next day, strain the tuna of all the accumulated water. Add more mayo as required and serve. Enjoy!

## CHICKEN SALAD

### Ingredients

3- 12.5 ounces canned chicken  
1/2 teaspoon sea salt, fine  
1/4 cup celery, cut into chunks 1-2 stalks  
3/4 teaspoon garlic powder  
1/4 teaspoon onion Powder  
1/4 teaspoon black pepper  
3/4 cup mayonnaise

### Instructions

Fully drain canned chicken.  
In a large bowl, add the celery to the chicken and mix until the chicken is finely shredded into small pieces.  
Add garlic powder, onion powder, black pepper, fine sea salt and mayo to the chicken. Stir to combine.  
Add more mayo if you want it extra creamy or more salt if needed. Taste and adjust any seasonings.  
Place the chicken salad into the refrigerator for 2-3 hours or overnight for the flavors to develop. Enjoy!