

## Family Italian Bread Mardi Traskowsky, Herington, Kansas

### Ingredients

2 cups water (80° - 85°F)  
2 tablespoons unsalted butter  
1/4 cup sour cream  
1/4 cup honey  
2 teaspoons salt  
2 tablespoons Italian seasoning  
2 garlic cloves (1 tablespoon), minced  
2 tablespoons grated Parmesan cheese  
1 cup quick-cooking oats  
3 cups King Arthur 100% Whole Wheat Flour  
1- 1 1/4 cups King Arthur Unbleached Bread Flour, divided  
2 tablespoons vital wheat gluten  
1 (1/4 ounce) package Fleischmann's® Rapid Rise™ Yeast

#### TOPPING

1 tablespoon grated Parmesan cheese, divided  
1 tablespoon Italian seasoning, divided



YOUTH CHAMPION

Prep Time: 15 minutes  
(plus 60-90 minutes on bread machine setting)  
Bake Time: 45 minutes  
Yield: 2 loaves, 16 slices each

### Nutrition Information

One slice provides approximately 94 calories; 3 g protein; 16 g carbohydrates; 2 g dietary fiber; 2 g fat (1 g saturated); 4 mg cholesterol; 20 mcg folate, 1 mg iron and 159 mg sodium.



### Directions

1. Layer ingredients into bread machine in order given. Set the bread machine on DOUGH cycle. Check the dough after 5 minutes. Dough should form a soft ball around the kneading blade. If dough is too dry, add water sparingly. If dough is too wet, add more flour, 1 tablespoon at a time.
2. When cycle is done, remove dough from machine. Divide dough in half. Roll each half of dough into a 12 x 8-inch rectangle. Starting with shorter side, roll up tightly, pressing dough into roll. Pinch edges and ends to seal. Place loaves, seam-side down, into two greased 8 1/2 x 4 1/2-inch loaf pans. Sprinkle tops of loaves with grated Parmesan cheese and Italian seasoning.
3. Cover; let loaves rise until double in size, 45 to 60 minutes. Bake in preheated 375°F oven 40 to 45 minutes or until done. Tent the bread loosely with foil if the bread browns too quickly. Remove from pans; cool on wire rack.