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# Goopy Cheese Bread

9 Servings

## Ingredients

- 1 ½ cups whole wheat flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 2 tablespoons butter
- ½ cup shredded sharp cheddar cheese
- ½ cup finely diced green onion
- 1 tablespoon olive or other oil
- ½ cup low-fat milk
- 1 egg
- ¼ cup sharp cheddar or similar cheese (for topping)

Preparation time: 20 minutes

Cook time: 25 minutes

Ready in: 45 minutes

## Directions

1. Preheat oven to 400 degrees F. Grease one eight inch round or one 8x8 inch square pan.
2. Combine flour, baking powder and salt, cut in two tablespoons of butter until the mixture is crumbly. Stir in ½ cup of the grated cheese.
3. Make a well in the center of the mixture.
4. Fry the green onion in 1 tablespoon of olive or other oil. Set aside.
5. In a small bowl, beat the egg and stir in the milk and the cooked green onion. Pour egg mixture into the well in the flour mixture. Stir until just moistened. You will have a soft dough.
6. Pat the dough into the prepared pan and sprinkle remaining ¼ cup of cheese over the top.
7. Bake at 400 degrees F for 25 minutes. Serve hot.

## Nutritional Information

Calories: 160

Protein: 6 g

Fat: 8 g

Saturated Fat: 4 g

Carbohydrate: 17 g

Sodium: 495 mg