



SIDES

Healthy Eating with the Y



BASIC DINNER ROLLS

MAKES 30 ROLLS

INGREDIENTS

- 3 ½ cups all-purpose flour
- 3 teaspoons instant yeast
- 1 ½ teaspoons salt
- 1 tablespoon sugar
- 1 ½ cups whole milk
- 1 ½ tablespoons unsalted butter, softened
- Vegetable oil for bowl and baking sheet

Toppings:

- ½ stick melted butter
- Poppy seeds, sesame seeds, or rolled oats (optional)

TOOLS YOU'LL NEED

- Measuring Cups
- Measuring Spoons
- Large Glass or Ceramic Bowl
- Rimmed Baking Sheet
- Small Saucepan
- Whisk
- Fork
- Cotton Kitchen Towel
- Pastry Brush
- Standing Mixer with Dough Hook (optional)
- Plastic Wrap

- ⌚ Prep time: 10 mins
- ⌚ Cook time: 15 mins
- ⌚ Inactive time: 90 mins
- ✓ Vegetarian
- ✓ Kid Friendly
- ✓ Sugar Conscious

DIRECTIONS

1. In a large bowl, whisk together flour, yeast, salt, and sugar.
2. Place a small saucepan over low heat and combine milk and butter until lukewarm and butter has melted. Don't bring to a boil.
3. Pour into bowl of dry ingredients. Mix with a fork to make a rough dough.
4. Using a standing mixer with dough hook, or by hand, knead the dough until smooth and silky.
5. Place dough in a lightly-oiled bowl and cover with plastic wrap. Let it rise in a warm place until doubled in size, about 1 hour.
6. After an hour, uncover and punch the air out of dough.
7. Oil a rimmed baking sheet and set aside.
8. Pull off small pieces of dough the size of walnuts and roll into balls. Place on baking sheet, leaving about a ¼ inch between each. You should have 6 rows of 5 dough balls.
9. Cover with a kitchen towel and let rise in a warm place for approximately 30 minutes.
10. While dough is rising, preheat oven to 375 degrees.
11. Melt ½ stick butter in a small saucepan.
12. Using a pastry brush, paint the rolls with melted butter and top with either poppy seeds, sesame seeds, or oats.
13. Bake rolls until golden brown, about 15 to 18 minutes.
14. Transfer to a cooling rack or serve immediately.

Nutritional Information (per serving)

- Calories: 81
- Total Fat: 3g
- Saturated Fat: 2g
- Total Carbs: 12g
- Fiber: 1g
- Sugar: 1g
- Protein: 2g
- Cholesterol: 77mg