

Fried Dough

Maria Yacuzzo

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

1 pound flour
1 teaspoon salt
1 cup lukewarm water
1 yeast cake

Dissolve the yeast in lukewarm water. Add the flour and salt. Knead until smooth. Place in a bowl covered and let rise to double in size.

Cut pieces of dough about the size of an orange. Place on wax paper for about 5 minutes. Then take each piece and spread the dough out into a large circle.

Fry in a skillet in hot oil, turning once. Place on a paper towel to absorb the grease.

Sprinkle with sugar or spaghetti sauce and grated cheese.

Per Serving (excluding unknown items): 1670 Calories; 5g Fat (2.6% calories from fat); 48g Protein; 349g Carbohydrate; 15g Dietary Fiber; 0mg Cholesterol; 2146mg Sodium. Exchanges: 23 Grain(Starch); 0 Lean Meat.