

Italian Dinner Rolls

Evelyn Day

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

Yield: 16 rolls

*1 1/2 cups flour
2 packages yeast
1 tablespoon sugar
2 teaspoons garlic salt
1 teaspoon Italian seasoning
1 cup milk
1/2 cup water
2 tablespoons butter or margarine
1 egg
1/2 cup Parmesan cheese
2 to 2-1/2 cups flour
2 tablespoons margarine, melted
1/4 cup cheese*

In a bowl, combine 1-1/2 cups of flour with the yeast. Add the sugar, garlic salt and Italian seasoning. Mix well.

In a saucepan, heat one cup of milk, 1/2 cup of water, two tablespoons of butter until warm. Add to the flour mixture. Add one egg and blend at low speed until moistened. Beat for 3 minutes at medium speed.

Add gradually the Parmesan cheese, and two+ cups of flour to make the dough firm. Knead for 3 to 5 minutes. Let it rise, covered, in a warm oven (lowest setting for 1 minute) for 15 minutes. Punch down. Divide into sixteen pieces. Form into balls.

Dip into two tablespoons of melted margarine and roll in 1/4 cup of cheese (Optional).

Place in a 13x9 inch greased pan. Cover. Let rise 10 minutes in the oven.

Bake at 375 degrees for 20 minutes.

Per Serving (excluding unknown items): 2506 Calories; 76g Fat (27.5% calories from fat); 82g Protein; 368g Carbohydrate; 19g Dietary Fiber; 339mg Cholesterol; 5555mg Sodium. Exchanges: 22 1/2 Grain(Starch); 3 1/2 Lean Meat; 1 Non-Fat Milk; 12 Fat; 1 Other Carbohydrates.