

Starters, Sides, and Complements

Homemade Crackers

**Vegan*

Crackers can be a wonderful food to enjoy with everything from cheese, to hummus, to olive tapenade to salmon pate. You get it the list can go on and on. But just like with everything else remember portion control is the key.

You'll Need

- 2 ½ cups flour
- 3 teaspoons dried herbs/seasonings (ex. dill, coarse cracked pepper, oregano, parmesan, basil, rosemary, sage, cumin, cayenne, garlic salt, and onion powder)
- 1 teaspoon salt
- 4 tablespoons olive oil
- ¾ cup cold water
- Coarse salt for sprinkling on top



Directions

- Preheat oven to 400 F. Mix dry ingredients together in a medium bowl being sure to get everything well blended. Add the oil and half of the water and begin mixing. Add more water as necessary to form a rough dry dough. Turn dough out onto a lightly floured surface and knead just until it comes together into a cohesive ball.
- Divide dough into even quarters. On piece of parchment paper, roll dough as thin as possible until it's nearly the size of a baking sheet.
- Cut the dough into squares (a pizza cutter works nice for this step) or other desired shape and use a fork to prick each square two or three times. Sprinkle with coarse sea salt.
- Bake for 15 minutes, or until golden brown, turning the sheet once half way through.
- While the first batch is baking, roll out another quarter of dough.
- Let baked crackers cool before breaking apart. Store in an airtight container.

Play with Your Food

- Substitute 1 cup all-purpose flour with 1 cup of whole wheat pastry flour. If you choose to make this substitution, make sure to add one additional Tablespoon of water.

Medwell Kitchen Tested