

# Garlic Knots



## Servings: 16

*For the Dough:*

*1 1/3 cups warm water*

*2 1/4 teaspoons active dry yeast*

*1 tablespoon sugar*

*3 tablespoons olive oil*

*1 teaspoon salt*

*1/2 teaspoon garlic powder*

*3 1/2 cups all-purpose flour*

*Garlic Knot Topping:*

*1/4 cup melted butter, plus 1  
tablespoon*

*3 garlic cloves, minced*

*1 tablespoon Italian seasoning*

*1/4 teaspoon salt*

*Optional Toppings After Baking:*

*1/4 cup parmesan cheese, grated*

*2 tablespoons fresh parsley, chopped*

In a bowl whisk together warm water, active dry yeast, and sugar. Cover and allow to rest for 5 minutes.

Add olive oil, salt, garlic powder, and all-purpose flour. Mix until the dough comes together.

Place the dough on to a lightly floured surface. Knead the dough for 5 minutes until smooth and elastic.

Place the dough in a lightly oiled bowl turning it to coat all the sides in oil. Cover and let rise for 1-2 hours until it doubles in size.

Punch your dough down and with lightly floured hands and work surface form the dough into a 16x5-inch log.

Using a knife slice the log into 16 1-inch strips.

Roll each strip into a 8-inch long rope. Tie each rope into a knot.

Arrange the knots on a baking tray lined with parchment paper.

Cover the knots and let them rest for 30-40 minutes.

In a bowl combine melted butter, garlic, Italian seasoning, and salt. Brush the butter mixture on top of the knots.

Bake in a 400°F oven for 20 minutes or until golden brown on top.

Sprinkle with parmesan cheese and parsley after baking.

Serve

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Per Serving (excluding unknown items): 168 Calories; 7g Fat (35.8% calories from fat); 4g Protein; 22g Carbohydrate; 1g Dietary Fiber; 10mg Cholesterol; 249mg Sodium; 1g Total Sugars; trace Vitamin D; 51mg Calcium; 1mg Iron; 45mg Potassium; 61mg Phosphorus. Exchanges: .