

Golden Wheat and Cheddar Loaves

Amount	Measure	Ingredient - Preparation Method
2	cups	whole wheat flour
1 3/4	cups	all-purpose flour
1	.25 oz	pkg quick rise yeast
1 1/4	teaspoons	salt
1 1/2	cups	shredded sharp cheddar cheese
1 3/4	cups	very warm (120-130) water
2	tablespoons	vegetable oil

Heat oven to 350. Spray 2 (7x4x2-inch) loaf pans with nonstick cooking spray.

In large bowl, stir together whole wheat flour, all-purpose flour, yeast, salt and 1 cup of the cheese. Make well in center of mixture, add water and oil. Gradually stir dry ingredients into water mixture until soft dough forms. If dough is too sticky, add additional flour 1 tablespoon at a time.

Turn out dough onto lightly floured surface; divide in half. Shape into loaves; place in pans. Cover with towel; let stand 30 minutes or until slightly risen. Sprinkle top of each loaf with 1/4 cup of cheese.

Bake 30 to 35 minutes or until browned and loaves sound hollow when tapped or internal temperature reached 190F. Cool on wire rack.