

## **Beer Bread**

3 1/2 cups all-purpose flour  
3 Tbs. sugar  
1 Tb. baking powder  
1 1/2 tsp. salt  
12 ounces beer  
1 egg, beaten

Adjust oven rack to lower-middle position and heat oven to 375 degrees. Mix flour, sugar, baking powder and salt in a large bowl. Add beer (no sips!) and stir with a fork until just combined. Turn dough onto a floured surface; knead quickly to form a ball. Place bread on a baking sheet and confidently slit an X on top with a serrated or very sharp knife. Brush loaf with egg wash. Bake until golden brown, about 45 minutes. Transfer to a wire rack to cool, Serve.

Yield 12

Per serving: 163 calories

32 g carbohydrates, 4 g protein, 1 g fat, (0 g saturated fat), 16 mg cholesterol, 1 g dietary fiber, 398 mg sodium

*Recipe from USA Weekend, March 4-6, 2011*