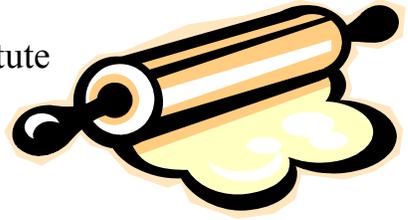


## Sample Menu #6

### **Breakfast**

Better-For-You Buttermilk Biscuits (recipe provided)  
Egg, 1 large, scrambled or boiled, or ¼ cup egg substitute  
Milk, 1%, 1 cup  
Coffee, 1 cup, with artificial sweetener if desired



### **Snack**

Whole grain, ready-to-eat, unsweetened cereal (such as Cheerios®), ¾ cup  
Orange juice, calcium- and vitamin D-fortified, ½ cup

### **Lunch**

Chicken salad sandwich, made with 2 slices toasted whole wheat bread, 2 ounces skinless chicken breast chunks, 1 tablespoon reduced-fat mayonnaise, chopped celery, lettuce and tomato  
Pinto beans, canned, rinsed and drained, heated, ½ cup  
Pineapple chunks, canned in juice or water, drained, ½ cup

### **Snack**

Broccoli, fresh or frozen, chopped, steamed, ½ cup, sprinkled with ¼ cup reduced-fat shredded cheese  
Wheat crackers (such as Wheat Thins®), low-sodium variety, 15 crackers

### **Evening meal**

Ham, lean, sliced, 2 ounces (lower-sodium variety preferred)  
Sweet potato, cut into wedges, roasted, with 1 teaspoon canola oil, ½ large (or have ½ cup mashed sweet potatoes with 1 teaspoon soft margarine), sprinkled with cinnamon to taste  
Green beans, frozen or fresh, steamed, ½ cup, with 1 teaspoon canola oil  
Cornbread, 1 small square

### **Snack**

Fruit parfait, made with ¾ cup low-fat and low-calorie yogurt, ½ cup fruit cocktail canned in juice or water, drained, and 2 tablespoons sliced almonds

\*Remember to drink plenty of fluids throughout the day! Water, tea, coffee, small amounts of juice, and other liquids all can help to keep you hydrated.

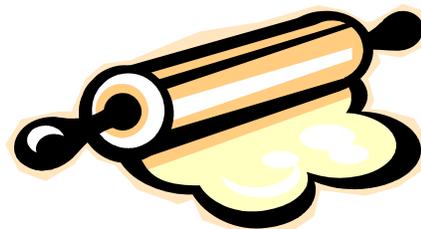
## **Better-for-You Buttermilk Biscuits**

Adapted from NHLBI, the National Institutes of Health, 2003, Publication No. 03-2921

**Serves 6 (6 biscuits)**

### **Ingredients:**

- 1 cup all-purpose flour
- 1 teaspoon baking powder
- $\frac{1}{8}$  teaspoon each baking soda and salt
- 1 teaspoon sugar
- $\frac{1}{3}$  cup 1% low-fat buttermilk
- $1\frac{1}{2}$  tablespoons canola oil
- 1 tablespoon soft tub margarine
- $\frac{1}{2}$  teaspoon dried rosemary (optional)



### **Directions:**

1. Preheat oven to 450°F. Line a small baking pan with foil.
2. In a medium bowl, combine flour, baking powder, baking soda, salt, and sugar.
3. In a small bowl, stir together buttermilk and oil. Pour over the flour mixture and stir until well mixed.
4. On a lightly floured surface with floured hands, gently knead the dough for 10-12 strokes. Roll or pat dough to  $\frac{3}{4}$ -inch thickness.
5. Cut rounds out of the dough using the rim of a small cup or a 2-inch biscuit cutter. Lay biscuits on the baking sheet.
6. Bake for about 5 minutes; remove and spread  $\frac{1}{2}$  teaspoon margarine on top of each biscuit. Bake for another 5 minutes until golden. Serve warm.



#### **Try this!**

Use leftover biscuits as the topping for your next chicken pot pie!

#### **Estimated Nutrition Facts per serving:**

**125** calories  
**5 g** total fat  
**1 g** saturated fat  
**17 g** carbohydrate  
**3 g** protein  
**0.5 g** fiber