

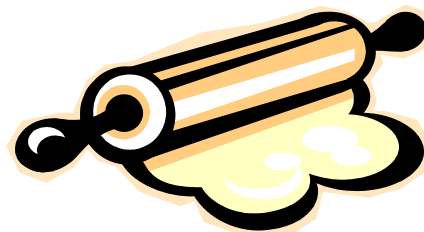
Better-for-You Buttermilk Biscuits

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