

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



**Whole Wheat Cheddar and Garlic Biscuits
Makes 12 biscuits**

Ingredients:

2 ¼ cups whole wheat flour
4 teaspoons baking powder
2 teaspoons sugar
¼ teaspoon salt
4 tablespoons unsalted butter or margarine
1 egg, beaten
1 cup 1% or skim milk
½ cup low-fat shredded cheddar cheese
2 finely chopped scallions (about ¼ cup)
½ teaspoon garlic powder

Directions:

1. Preheat oven to 450 degrees.
2. Combine whole wheat flour, baking powder, sugar and salt in a bowl. Cut in butter with a fork or pastry blender until mixture resembles coarse crumbs. Stir in beaten egg and milk.
3. Add cheese, scallions, and garlic powder. Mix until just moistened
4. Turn dough onto a lightly floured surface. Knead dough with your hands 8 to 10 times. Pat dough out flat to ½ to ¾ inch thickness.
5. Using a biscuit cutter, a cookie cutter or a drinking cup, cut into 2 ½ inch rounds. Place on an ungreased baking sheet.
6. Bake for 10-12 minutes until lightly browned.

Nutritional Information per serving:

Calories: 126	Carbohydrates: 16g
Total Fat: 5g	Cholesterol: 30mg
Saturated Fat: 3g	Dietary Fiber: 2g
Protein: 4g	Sodium: 255mg