

Buttermilk Biscuits

Makes 1 Dozen

Ingredients:

2 cups all-purpose flour
2 teaspoons baking powder
¼ teaspoon baking soda
¼ teaspoon salt
3 tablespoons plus 1 teaspoon chilled stick margarine, cut into small pieces
¾ cup 1% low-fat buttermilk

Directions:

1. Combine first 4 ingredients in a bowl.
2. Cut in chilled margarine with a pastry blender until mixture resembles coarse meal.
3. Add buttermilk, stirring just until dry ingredients are moistened.
4. Turn dough out onto a floured surface and knead 4 or 5 times.
5. Roll dough to ½ inch thickness.
6. Cut with a 2 ½ inch biscuit cutter.
7. Place on a baking sheet.
8. Bake at 450°F for 12 minutes or until golden brown.

Calories 112 (29% from fat)
Protein 2.7g
Fat 3.6g (sat 0.7g)
Carbohydrate 16.8g
Fiber 0.6g
Cholesterol 0 mg
Iron 1.0 mg
Sodium 161 mg
Calcium 59 mg