

quick drop biscuits

Serves: 12-14 (1 biscuit) Prep and Cook time: 25 min Per serving: 125 calories, 0.8 g fat, 56 mg sodium

2 cups all-purpose flour 1/2 tsp salt 1/2 cup oil (canola or olive)
1 TBS baking powder 1 cup low-fat milk

1. Preheat oven to 400° F. Line a cookie sheet with parchment paper or coat thinly with butter.
2. In a large bowl, combine flour, baking powder, and salt. Make a hollow in the dry ingredients. Add milk and oil to the hollow. Stir gently until the dough just begins to stick together. Drop batter in 12-14 spoonfuls onto the baking sheet.
3. Bake 20 minutes until biscuit edges are golden brown and crispy. Serve warm.

Vary It! You can add many tasty tidbits to this basic biscuit recipe. Try berries, cheese and chiles, or rosemary. If the additions are wet or moist like strawberries, reduce the amount of milk a little.

If you only have self-rising flour, substitute the all-purpose flour and the baking powder for 1 1/4 cups self-rising flour.

