

RECIPE

Strawberry Shortcake

Start to Finish: 20 minutes Servings: 8

Ingredients:

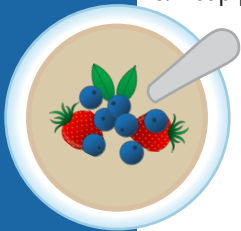
- 1 3/4 cups whole-wheat pastry flour
- 1/4 cup all-purpose flour
- 2 1/2 teaspoons low-sodium baking powder
- 1 tablespoon sugar
- 1/4 cup trans-free margarine
- 3/4 cup fat-free milk

For the topping:

- 6 cups fresh strawberries, hulled and sliced
- 3/4 cup plain fat-free yogurt

Directions:

1. Preheat oven to 425 F. Grease and flour a baking sheet.
2. In a large mixing bowl, sift the flours, baking powder and sugar together. Using a fork, cut chilled margarine into the dry ingredients until the mixture resembles coarse crumbs. Add the milk and stir just until a moist dough forms.
3. Turn the dough onto a generously floured work surface and, with floured hands, knead gently 6 to 8 times until the dough is smooth and manageable. Using a rolling pin, roll the dough into a rectangle 1/4-inch thick. Cut into 8 squares.
4. Place the squares onto the prepared baking sheet and bake until golden, 10 to 12 minutes. Transfer the biscuits onto individual plates. Top each with 1 cup strawberries and 1 1/2 tablespoons yogurt. Serve immediately.



Nutrition Information Per Serving:

225 Calories; 5 g Total Fat; 1 g Saturated Fat; 1.5 g Monosaturated Fat;
2 mg Cholesterol; 6 g Fiber; 87 mg Sodium; 38 g Carbohydrates; 7 g Protein