

Whole Grain Blue Cheese and Scallion Biscuits

Recipe 321 of 365

Packed with whole wheat, flaxseed meal, oat bran, millet, and quinoa, these biscuits score high on both nutrition and flavor. Be sure to mix the dough just until the flour is incorporated, and not a moment longer – over mixing will result in tough biscuits.

TIME: 25 minutes prep

MAKES: 8 savory biscuits, give or take, depending on your cutting implement

3/4 cup all-purpose flour

3/4 cup white whole wheat flour

1 tablespoon baking powder

1/4 teaspoon salt

1 tablespoon sugar

1 tablespoon raw millet

1 tablespoon raw quinoa

2 tablespoons flaxseed meal

1 tablespoon oat bran

1 stick (1/2 cup) cold unsalted butter, cut into 12 thin slices

1/2 cup plain lowfat yogurt

1/2 cup (2 ounces) crumbled bleu cheese

1/4 cup chopped scallions

Preheat the oven to 375 degrees. Line a baking sheet with parchment paper, and set aside.

Combine the first nine ingredients, through oat bran, in the work bowl of a stand mixer fitted with the paddle attachment, and stir to blend. Add the butter, and mix on low speed until the butter is about the size of small peas. Add the yogurt, cheese, and scallions, and mix just until the flour looks incorporated.

Dump the mixture onto a floured work surface (the dough will be crumbly) and pat and knead it lightly until all the pieces stick together. Gently roll the dough out with a floured pin to about 1/2" thick (or a rough circle about 8" in diameter). Using a biscuit cutter or a drinking glass, punch rounds 2" – 3" in diameter out of the dough and transfer to the baking sheet. Press the remaining dough together, roll it to 1/2" thick, and cut out the last biscuit or two.

Bake biscuits 15 – 17 minutes, or until lightly browned. Let cool five minutes on pan, then eat, spread with butter, if desired.