



STRAWBERRY SHORTCAKE

Berries burst with the flavor of a sunny June day. And these biscuits, made from scratch, are as fast as a mix.



- Fresh berries give a boost of fiber
- Delicious nonfat yogurt replaces heavy whipped cream
- Good source of vitamin C

Scrumptious!



PREPARATION TIME

20 minutes

BAKING TIME

12 to 15 minutes

SERVES 8

- 1½ cups all-purpose flour
- 2 tablespoons granulated sugar
- 1 tablespoon baking powder
- ½ teaspoon grated orange zest
- 3 tablespoons unsalted butter or margarine, cut into pieces
- ¾ cup skim milk

FOR THE FILLING

- 2 pints fresh strawberries, sliced
- 1 tablespoon orange juice
- 1 tablespoon granulated sugar
- Vanilla nonfat yogurt and mint leaves for garnish

1 Preheat oven to 450° F. Spray a baking sheet with vegetable cooking spray. Set aside.

2 In a large bowl, sift together the flour, sugar, and baking powder. Stir in the orange zest.

PER SERVING: Calories 216 (21% from fat) Carbohydrates 38 g Protein 6 g Sodium 217 mg Fat 5 g Cholesterol 13 mg

Using a pastry blender or 2 knives, cut the butter into the flour mixture until coarse crumbs form. Quickly stir in the milk until a soft dough forms.

3 On a lightly floured surface, roll out dough to a ½-inch thickness. Using a 2½-inch biscuit cutter, cut out biscuits. Gather trimmings, re-roll, and cut out more biscuits. Place on prepared baking sheet. Bake until golden, about 12 to 15 minutes. Place biscuits on a wire rack and cool slightly.

4 To prepare filling, in a large bowl, combine strawberries, orange juice, and sugar. Mix well.

5 Split warm biscuits in half horizontally. Place bottom halves on serving plates. Top each with some filling. Cover with biscuit tops. Serve with remaining filling; garnish with yogurt and mint.

COOK'S TIPS



A *pastry blender* is good for working fat into flour. The U-shaped wires evenly distribute the cold fat until coarse crumbs form, resulting in a flaky dough.



Use a *floured rolling pin* to roll out biscuits. For high biscuits, roll dough to ½-inch thickness. For thinner, crustier biscuits, roll dough to ¼-inch thickness.