



Cheddar Irish Soda Biscuits

Prep: 15 minutes

Bake: 22 minutes • Makes: 12 biscuits

- 3 cups all-purpose flour
- 1 teaspoon salt
- $\frac{3}{4}$ teaspoon baking soda
- 4 tablespoons cold unsalted butter, cut into small pieces
- $\frac{3}{4}$ cup shredded sharp Cheddar cheese
- $1\frac{1}{3}$ cups buttermilk
- Nonstick cooking spray

1. Preheat oven to 350°. In large bowl, whisk flour, salt and baking soda. With fingertips or pastry blender, cut in butter until pea-sized crumbs form; stir in cheese. Make a well in center of flour mixture. Pour buttermilk into well. With wooden spoon, gently stir to gradually draw flour mixture into buttermilk until a soft dough forms. Knead dough in bowl just until dough begins to stick together.

2. Spray cookie sheet with nonstick cooking spray. Drop dough by $\frac{1}{4}$ cupfuls, 2 inches apart, onto prepared cookie sheet. Bake 22 to 24 minutes or until golden brown. Serve warm.

Approximate nutritional values per serving:

193 Calories, 7g Fat (4g Saturated), 22mg Cholesterol, 333mg Sodium, 25g Carbohydrates, 1g Fiber, 6g Protein