



Taste and Savor

1 Quick Recipe:

Cheddar and Pecan Scones

2 Cups Whole Wheat Pastry Flour
 1 TB Baking Powder
 ½ Tsp Fine Sea Salt
 1 TB Sugar
 6 TB Cold Unsalted Butter
 1 Cup Shredded Cheddar Cheese
 1/3 Cup Chopped Toasted Pecans
 ¾ Cup Buttermilk
 2 Large Eggs

Fresh berries, Non Fat Greek Yogurt or Honey for serving

Step One Preheat the oven to 375F. Line a baking sheet with parchment paper. Whisk together the flour, baking powder and salt in a large bowl. Cut the butter into small pieces and add it to the flour mixture. Incorporate it with a pastry blender or your fingers until the mixture resembles *coarse crumbs. Add the cheese and pecans.

Step Two Whisk together the buttermilk and eggs in another bowl and then add them to the dry ingredients. Stir until the dough just comes together.

Step Three Turn out the sticky, crumbly dough onto a floured cutting

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4



board. Flour your hands well and pat the dough into a rectangle, about 10" long and 3" wide being careful not to *overwork the dough. Cut the dough into 5 - 6 squares and then cut the squares on a diagonal, so that they are long triangles.

Step Four Transfer the dough to the prepared baking sheet. Bake for about 20 minutes, or until lightly browned. Serve with fresh berries, yogurt or honey.

2 Kitchen Scoop

The crumblier it is raw, the flakier it'll be baked - When you are working biscuit, scone, tart or pastry dough handle it as little as possible, little "gobs" of butter in the formed dough are good!



3 Clever Idea

You can swap out the cheese and the pecans in this recipe with other cheeses and savory ingredients. Try Swiss cheese with chopped dill and green onions, goat cheese with chopped red peppers - the sky's the limit when you use your delicious imagination.

4 Cheers!

Santi Nello Prosecco Superiore di Valdobbiadene ITALY

About \$15

Prosecco is Italy's popular answer to Champagne. This sparkler is just what you want to celebrate a wedding — crisp, fresh flavors complemented by lots of tiny bubbles. It's off dry and full of peach and melon flavors. Enjoy it with your scones and honey, accompanied by some cool fresh fruit.