

LiveWell

## Bruschetta scones

Yield: 8 servings



### Ingredients:

3/4 cup low-fat buttermilk  
1/3 cup extra-virgin olive oil  
1/2 cup finely chopped spinach leaves  
2 Tablespoons finely chopped fresh basil  
1/4 cup finely chopped sun-dried tomatoes  
3 Tablespoons crumbled feta cheese  
2 Tablespoons pine nuts  
1 cup whole-wheat flour  
1 cup all-purpose flour  
2 teaspoons baking powder  
1/4 teaspoon salt  
1/4 teaspoon black pepper

### Directions:

1. Preheat oven to 425° F. Line a baking sheet with parchment paper.
2. In a medium bowl, whisk together the buttermilk, olive oil, spinach, tomatoes, cheese, and pine nuts.
3. In a large bowl, whisk together the flour, baking powder, salt and black pepper. Make a well in the center and add the buttermilk mixture; with your fingers or a fork, combine until moistened and just incorporated. Do not overmix.
4. Turn out dough onto a lightly floured surface and pat into a 1-inch thick rectangle or circle. With a sharp knife, cut into 8 wedges.
5. Place scones on prepared baking sheet and bake 15 minutes until golden.
6. Cool slightly before serving.

### Nutrition information per serving:

Calories: 226

Fat: 12 grams

Saturated fat: 2 grams

Cholesterol: 4 mg

Sodium: 156 mg

Carbohydrates: 26 grams

Fiber: 2.5 grams

Protein: 5.5 grams

Food exchanges:

2 carbohydrate, 2 fat