



POW BISQUIT HAM CHEESE	
Nutrition Facts	
Serving Size: SERVING	
Serving per Container: 1	
Amount Per Serving	
Calories: 328	Calories from Fat 118
Total Fat 13.1g 20%	
Saturated Fat 3.3g 16%	
Trans Fat N/A	
Cholesterol 0mg 0%	
Sodium 747mg 31%	
Total Carbohydrate 50.0g 17%	
Dietary Fiber 2.6g 12%	
Protein 7.4g 14%	
Vitamin A 1%	Vitamin C 3%
Calcium 9%	Iron 9%
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	

Egg and Cheese Breakfast Biscuit Baskets

(Makes 8 servings)

Refrigerated Biscuit Dough (8 Jumbo Biscuits = 16 oz. package)

7 eggs

2 oz. (1 cup) reduced fat Cheddar Cheese

Button Mushrooms (optional)

Chives Cherry Tomatoes (optional)

Red Bell Pepper (optional)

Directions:

1. *Partially cook the brown rice in 1 cup chicken broth for 20 minutes in a small, covered sauce pan on low heat.
2. Add the olive oil and noodles into a medium size frying pan, turn heat to medium high.
3. Add the white and the brown rice into the frying pan.
4. Add 1 cup of chicken broth.
5. Cover with a lid and turn the heat to low. Simmer about 20 – 25 minutes, or until rice and noodles have doubled in size. You did it! Yum!