

Herbed Biscuit Ham Sandwiches

Parade Magazine

Servings: 8

8 tablespoons (one stick) unsalted cold butter, cubed
2 cups flour
1 teaspoon sugar
1 tablespoon baking powder
1/4 teaspoon Kosher salt
3/4 teaspoon baking soda
2 tablespoons chopped fresh dill
2 tablespoons chopped fresh mint
2 tablespoons chopped fresh flat-leaf parsley
2 tablespoons chopped fresh tarragon
3/4 cup buttermilk
mustard
honey (optional)
sliced ham
bread and butter pickles

Preparation Time: 20 minutes

Preheat the oven to 450 degrees.

In a food processor, combine the flour, sugar, baking powder, salt, baking soda and herbs. Pulse to combine. (If you don't have all the herbs called for, just make sure that you use 1/2 cup of herbs total.) Drop in the butter and pulse until the mixture resembles coarse cornmeal. Pour in the buttermilk and pulse until the mixture just comes together.

Turn the dough out onto a lightly floured surface. Pat into a rectangle, then cut into thirds. Stack the thirds on top of each other and pat out into a rectangle again. Repeat twice, then pat into a 4x12-inch rectangle. Cut in half lengthwise and then into eight square biscuits. Place on a parchment-lined baking sheet.

Bake until puffed and golden, about 10 to 12 minutes.

Split the biscuits and spread with mustard and honey.

Top with the ham and pickles and make into sandwiches.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 127 Calories; 1g Fat (3.8% calories from fat); 4g Protein; 26g Carbohydrate; 1g Dietary Fiber; 1mg Cholesterol; 385mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Vegetable; 0 Non-Fat Milk; 0 Fat; 0 Other Carbohydrates.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	127	Vitamin B6 (mg):	trace
% Calories from Fat:	3.8%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	83.3%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	13.0%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	1g	Folacin (mcg):	11mcg
Saturated Fat (g):	trace	Niacin (mg):	2mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	1mg	% Refuse:	0.0%
Carbohydrate (g):	26g		
Dietary Fiber (g):	1g		
Protein (g):	4g		
Sodium (mg):	385mg		
Potassium (mg):	78mg		
Calcium (mg):	137mg		
Iron (mg):	2mg		
Zinc (mg):	trace		
Vitamin C (mg):	trace		
Vitamin A (i.u.):	69IU		
Vitamin A (r.e.):	8RE		

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	127	Calories from Fat:	5
% Daily Values*			
Total Fat	1g		1%
Saturated Fat	trace		1%
Cholesterol	1mg		0%
Sodium	385mg		16%
Total Carbohydrates	26g		9%
Dietary Fiber	1g		4%
Protein	4g		
Vitamin A			1%
Vitamin C			1%
Calcium			14%
Iron			10%

* Percent Daily Values are based on a 2000 calorie diet.