Red Lobster’s Cheddar Bay Biscuits
Serving size: dozen biscuits

2 ½ c. Bisquick Baking mix
4 Tbls. cold butter (1/2 stick)
1 heaping cup grated Cheddar cheese
¾ c. cold whole milk
⅛ tsp Garlic Powder

Brush on top
2 Tbls. Melted
⅛ tsp garlic powder
⅛ tsp dried parsley flakes
Pinch of salt

1.) Preheat your oven to 400
2.) Combine Bisquick with cold butter in a medium bowl using a pastry cutter or a large fork. Don’t mix too much, there should still be chunks (the size of peas) still in there.
3.) Add Cheddar cheese, milk, and ¼ tsp garlic. Mix by hand until combined, but don’t over mix
4.) Drop ¼ cup portions of the dough onto an ungreased cookie sheet using an ice cream scoop
5.) Bake for 15-17 mins. Or until tops of biscuits begin to turn light brown.
6.) After taking the biscuits out, melt 2 tablespoons butter in a small bowl in your microwave. Stir in ⅛ tsp garlic powder and the dried parsley flakes. Use a brush to spread this garlic butter over the tops of all the biscuits. Use up all the butter.
T.G.I.Friday’s Spicy Cajun Chicken Pasta

Serving size: family of four

4 Tbls. (1/2 stick) butter
2 tsp. olive oil
4-6 mushrooms, sliced (1 ¼ c.)
1 medium tomato, chopped
1 red bell pepper, chopped (1 c.)
1 green bell pepper, chopped (1c.)
2 boneless, skinless, chicken breast
½ white onion, sliced and quartered (1c.)
1 clove garlic, pressed

1 c. chicken stock or 1 chicken bouillon cube dissolved in 1 c. boiling water
4-6 quarts water
1 12 oz. box fettuccine
2 tsp. chopped fresh parsley

1.) Melt 2 tablespoons of the butter in a large skillet over medium/high heat
2.) Sauté the bell peppers, onions, and garlic in the butter for 8 to 10 mins. or until the vegetables begin to soften slightly.
3.) As the vegetables are cooking, cut the chicken breasts into bite-size pieces
4.) Prepare a medium-size pan over high heat with the olive oil. When the pan is hot, add the chicken and cook, stirring, for 5 to 7 min. or until the chicken shows no pink.
5.) When the vegetables are soft (about 10 mins) add the chicken to the pan.
6.) Add tomatoes, mushrooms, chicken stock, ¼ tsp salt, cayenne pepper, paprika, white pepper, and thyme and continue to simmer for 10 to 12 mins. until it thickens.
7.) Bring water to a boil in a large pot, you can add ½ tsp. of salt to the water. Cook the fettuccine in the boiling water until done. 10 to 12 mins.
8.) When the noodles are done, drain them and add the remaining 2 Tbls. Of butter. Toss the noodles
**Peanut Butter - Chocolate Pudding Parfaits**

40 min | 10 min prep  
SERVES 4

- 2 cups cold skim milk  
- 2-3 tablespoons reduced fat creamy peanut butter  
- 1 (3 1/2 ounce) box low-fat vanilla instant pudding mix  
- 1 1/2 cups whipped topping  
- 10 teaspoons chocolate syrup  
- 2-3 bananas, peeled, sliced  
- 4 teaspoons chopped peanuts (optional)

1. Beat the peanut butter into the milk in a small bowl.  
2. Add the pudding mix.  
3. Beat on low speed of a hand mixer for 2 minutes.  
4. Fold in 1 cup of whipped topping.  
5. Divide half of pudding mix between 4 parfait glasses, top with banana slices and 1 tsp chocolate syrup.  
6. Repeat layers, ending with syrup.  
7. Divide remaining 1/2 cup whipped topping between glasses and top with 1/2 tsp more syrup each.  
8. Chill for about 30 minutes in the fridge.  
9. Top with chopped peanuts before serving, if desired.