



INGREDIENTS

- 2½ Cups All-Purpose Flour (enriched or whole grain rich)
- 1 Tablespoon Baking Powder
- ¾ Teaspoon Salt
- ½ Cup Cold Unsalted Butter
- ½ Cup Low-Fat Milk
- ¾ Cup Shredded Cheddar Cheese
- ½ Cup Finely Chopped Green Onions (plus more to garnish)
- ¼ Cup Chopped Parsley and Dill (plus more to garnish)
- 2 Large Eggs (divided)

DIRECTIONS

1. Preheat oven to 400°. Line a 13x18-inch baking sheet with parchment. In a large bowl, combine the flour, baking powder, and salt. Cut the butter into small cubes. Using a fork, mash the butter into the flour mixture until crumbly.
2. To the bowl, add the milk, cheese, green onions, herbs, and 1 egg. Using a spatula, stir together until a soft dough forms. You may need to finish mixing with hands.
3. Knead dough a few times, then roll out into an 8-inch circle about 1½ inches thick. Transfer dough to prepared baking sheet. Make 4 cuts into dough to form 8 wedges and separate, spacing 2 inches apart.
4. In a small bowl, whisk together remaining egg and 1 tablespoon water. Brush tops of scones with egg wash. If desired, top with additional chopped green onions or herb sprigs.
5. Bake 20–25 minutes, until scones are lightly golden brown and a toothpick inserted in center comes out clean. Serve warm or at room temperature.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Snack

YIELD

8 Scones

PORTION SIZES

Toddler: ¼ Scone

Preschool: ¼ Scone

School Age: ½ Scone

Adult: ½ Scone