



## Biscuits and Gravy

### Biscuits Ingredients:

- 1 pack Diet Right Mashed Potatoes (your choice in flavor)
- ¼ tsp of baking powder
- ¼ tsp pepper
- ½ cup grated kohlrabi, all excess liquid squeezed out
- 2 eggs

Alternate recipe: Use in place of 2 eggs

- 1 egg
- 1 oz. low fat milk

### Directions:

1. Preheat oven to 350°F. Line a baking sheet with parchment paper.
2. In a medium bowl add potato puree, baking powder, pepper, and eggs.
3. Beat with a hand mixer until thick and glossy.
4. Fold in the kohlrabi, mix and drop by generous tablespoon on baking sheet.
5. Bake for 15 minutes.

### Gravy Ingredients:

- 1 pack Diet Right Cream of Chicken Soup
- 1 tsp of poultry seasoning (oregano, rosemary, sage, thyme, pepper)
- ¼ tsp garlic powder or ½ tsp fine minced garlic
- 1/8th tsp of cayenne
- 1 cup sugar free chicken broth.

### Directions:

1. Combine all ingredients in a small saucepan over low heat and whisk gently until heated through.
2. Taste and adjust seasoning.

Servings: each recipe makes 1 serving.

Each serving = 2 protein products, 2 oz. lean protein, ½ cup select vegetables.

**716-320-1515**  
**DietMentor.com**  
**info@dietmentor.com**