Preheat oven to 400 degrees. Lightly grease or line a cookie sheet. Combine Bisquick, cheddar cheese, milk, and garlic powder. Mix by hand until combined; do not over mix. Drop ¼ cup portions of the dough onto the cookie sheet. Bake for 10-15 minutes until the tops of the biscuits begin to turn light brown. While the biscuits are baking, melt the butter in a small bowl. Stir in garlic powder and parsley. Once baked, spoon or brush a small amount of the garlic butter onto the tops of all the biscuits.

GREEN BEANS

In a large microwaveable dish combine all ingredients except the almonds. Sprinkle the almonds on top. Cook covered in the microwave on high heat for 5 minutes. Uncover, stir, cover, cook for an additional 3-5 minutes until green beans are pierceable with a fork but not too soft. Enjoy as a side dish to a protein or as its own main dish.

CHEDDAR BAY BISCVOTS

2½ cups Bisquick
3 tbsp butter
1 cup shredded low-fat cheddar cheese
¾ cup skim milk
¾ tsp garlic powder
¼ tsp parsley

Preheat oven to 400 degrees. Lightly grease or line a cookie sheet. Combine Bisquick, cheddar cheese, milk, and garlic powder. Mix by hand until combined; do not over mix. Drop ¼ cup portions of the dough onto the cookie sheet. Bake for 10-15 minutes until the tops of the biscuits begin to turn light brown. While the biscuits are baking, melt the butter in a small bowl. Stir in garlic powder and parsley. Once baked, spoon or brush a small amount of the garlic butter onto the tops of all the biscuits.