



RECIPE OF THE Month

Golden Potato Soup

- | | |
|-----|--------------------------|
| 1 | 1/2 |
| 1 | 2 |
| 1 | 1 |
| 1/2 | 2 |
| 4 | Salt and pepper to taste |
| | 4 |

- 1 In a medium pot, sauté onion and leek until tender; stir in thyme.
- 2 Add potatoes and broth; bring to a boil, then cover and simmer 30 minutes until potatoes are tender.
- 3 Stir in buttermilk, bacon bits, salt and pepper, and heat on low about 5 minutes.
- 4 Garnish each bowl with chopped scallion and serve hot.

MAKES 4 (2-cup) SERVINGS. Per serving:

273 calories | 12g protein | 5.4g fat | 1g sat fat | 2.5mg cholesterol | 46.5g carbs | 6.1g sugar | 5.7g fiber | 255mg sodium