

RECIPE OF THE Month

Golden Potato Soup

- 1 tbsp extra virgin olive oil
- 1 medium onion, thinly sliced
- 1 medium leek, thinly sliced
- ½ tsp dried thyme
- 4 medium unpeeled Yukon Gold potatoes, diced

- 2 14.5-oz cans low-sodium chicken broth
- 1 cup low-fat buttermilk
- 2 tbsp real bacon bits
- Salt and pepper to taste
- 4 scallions, chopped
- In a medium pot, sauté onion and leek until tender; stir in thyme.
- Add potatoes and broth; bring to a boil, then cover and simmer 30 minutes until potatoes are tender.
- Stir in buttermilk, bacon bits, salt and pepper, and heat on low about 5 minutes.
- 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