

Potato Soup

1 strip thick bacon, chopped
1 tablespoon butter
1 small leek, chopped
1 small stalk celery, chopped
1 clove garlic
1 teaspoon herb mix
1 pound potatoes, peeled and diced
2 to 3 cups chicken broth
½ cup heavy cream
½ cup sour cream, optional
Sliced green onions

- Add bacon to a saucepan and bring to medium heat. Cook until nicely browned; remove from pan.
- Add butter; cook onion and celery until light golden brown.
- Add garlic and spices; cook 30 seconds.
- Add potatoes, broth, milk and cream. Bring to a simmer and cook until potatoes are completely tender.
- Transfer to a blender; puree until smooth.
- Stir in sour cream. Season with salt and pepper.
- Serve topped with green onions and bacon.

Vegetable Calzones

1 teaspoon olive oil
½ small red pepper, thinly sliced
3 to 4 button mushrooms, thinly sliced
1 cup baby spinach
1 garlic clove, minced
1 teaspoon Italian seasoning
½ cup ricotta cheese
¼ cup shredded mozzarella cheese
½ cup tomato sauce
1 batch premade pizza dough
Sea salt and freshly ground black pepper

- Preheat oven to 400 degrees. Add oil to a skillet and bring to medium heat.
- Cook the peppers and mushrooms until soft and browned.
- Add the spinach; cook until wilted.
- Add garlic and seasoning; cook 1 minute. Remove from stove; let cool.
- Stretch dough into a large circle. Spread filling on ½ of the circle, leaving a border. Top with cheese.
- Fold the other half of the circle over the filling; pinch the edges to seal.
- Snip a couple of holes in the top of the calzone.
- Bake calzones until golden brown. Let cool 10 minutes; cut and serve.

Mixed Green Salad with Buttermilk Dressing

Dressing

½ cup well-shaken low-fat buttermilk
2 tablespoons low-fat sour cream
1 tablespoon mayonnaise
1 tablespoon finely chopped Italian parsley
1 clove minced garlic, finely chopped
1 teaspoon Dijon mustard
½ teaspoon sugar
Salt and pepper

Salad

1 head romaine lettuce, chopped
1 tomato, chopped
1 to 2 radishes, sliced
Croutons

- Whisk together all dressing ingredients in a small bowl with salt and pepper to taste.
- Add romaine, tomato, radishes and croutons to a bowl.
- Toss with enough dressing to coat the leaves (reserve remaining)
- Season with salt and pepper. Serve.