## CREAM OF POTATO LEEK SOUP

**(SERVES 2 TO 3)**

15 mL margarine White Sauce Base

1/2 large baking potato 25 mL margarine

1 clove garlic 25 mL flour

1/2 leek (250 mL sliced) 1 mL pepper

250 mL boiling water 250 mL milk

10 mL chicken bouillon

salt to taste

Optional Garnish: 1/4 green onion

1. Prepare vegetables: wash, peel, and dice the potato into small cubes; peel and mince the garlic; wash and thinly slice the leek widthwise (do not use the thick, dark green top leaves).
2. Melt 15 mL margarine in a medium saucepan over medium-low heat. Add the thinly sliced leeks and minced garlic, stir to coat with margarine.
3. Sauté the leeks until tender and translucent, approximately 5 minutes. Do Not Brown.
4. Add the potatoes to the leek mixture and continue to sauté for 5 minutes until the potatoes start to become tender.
5. While the potatoes are cooking measure 250 mL of cold water into a small liquid measure and heat for 2 minutes in the microwave. Add chicken bouillon into the hot water and stir to dissolve.
6. Once potatoes are tender add chicken stock to saucepan. Turn heat to high and bring soup to a boil. Cover and reduce heat to simmer. Simmer until potatoes are soft (fork tender), approximately 10-15 minutes.
7. To make the white sauce: place margarine in small frying pan over medium heat and allow it to melt.
8. Add flour and pepper to melted margarine and stir with a wooden spoon to form a paste.
9. Add milk gradually to the paste while stirring constantly until well blended. Reduce heat to medium-low and continue to stir until the sauce thickens.
10. When potatoes are soft, mash the potatoes in the pot with a potato masher; do not drain. Taste soup and adjust flavor if needed i.e.: add pepper or salt to taste.
11. Stir in the white sauce to combine and cook another 2 minutes over medium heat. Serve. Optional: garnish with chopped green onions.

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**PITA HERB TRIANGLES**

**(SERVES 2-3)**

1/2 whole wheat pita

3 mL oil

1-2 mL each: basil and oregano

5 mL parmesan cheese

salt and pepper to taste

1. Preheat oven to 350 °F.
2. Place pita on cutting board and brush across one side with olive oil.
3. Mix together the remaining ingredients and sprinkle evenly over the pita.
4. Cut into quarters and place on a baking sheet.
5. Bake for 5 minutes or until light golden brown.
6. Serve with cream of potato leek soup.

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