



Ham and Potato Soup with Leeks

- 1 1/3 cups ham (cooked, diced)
- 2 potatoes (large, diced)
- 2/3 celery stalk (chopped)
- 1 1/3 carrots (sliced)
- 1/3 cup leeks (sliced)
- 1 1/3 cups water
- 1 1/3 cups low-sodium chicken broth
- 1 1/3 cups skim milk
- 2 tablespoons flour
- 1/6 teaspoon rosemary
- 1/6 teaspoon parsley



1. Add water and chicken broth to a large pot. Bring to a boil. Cut vegetables and ham.
2. Melt butter in a skillet over medium heat. Add leeks, celery and carrots, sauté for 7 minutes.
3. Add potatoes to the pot, bring to a boil, reduce heat and cook for 10 minutes.
4. Add ham, sautéed leeks, celery and carrots. Cook for another 15 minutes, until the vegetables are tender.
5. In a small bowl, mix well 1/2 cup milk and flour, until all the lumps are gone. Add the rest of the milk and stir.
6. Pour the milk mixture into the pot and stir.
7. Add rosemary and parsley. Simmer for 5 minutes.
8. Garnish with parsley or green onions and serve.

Makes: 4 servings

Nutrition Information:

CALORIES 310 (16% from fat); FAT 5g (sat 2g); CHOLESTEROL 40mg; SODIUM 130mg; CARBOHYDRATE 44g; FIBER 5g; PROTEIN 21g; CALCIUM 15%; IRON 15%



Spice Yogurt with Maple Roasted Plums

- 2C plain unsweetened yoghurt
- half a teaspoon of ground cinnamon
- half a teaspoon of ground nutmeg
- three just ripe plums
- 2tbsp maple syrup

1. Pre-heat the oven to 180 degrees.
2. Add the cinnamon and nutmeg to the yoghurt and stir well. Leave in the fridge until ready to serve.
3. Cut the plums in half and place on a baking tray flesh side up, drizzle maple syrup over each one.
4. Bake these in the oven around fifteen minutes until they start to soften and darken around the edges.
5. Take them out to cool slightly, and then serve in a bowl with spiced yoghurt.



Makes: 4 servings

Nutrition Information:

CALORIES 170 (3% from fat); FAT 0g (sat 0g); CHOLESTEROL 5mg; SODIUM 70mg; CARBOHYDRATE 40g; FIBER 5g; PROTEIN 6g; CALCIUM 25%; IRON 2%