

Two-Potato Bisque

Here's a different and delicious twist on bisque.

Makes 4 to 6 serving

- 1 large sweet potato (yam), peeled and cut into 1-inch cubes
- 1 large baking potato, peeled and cut into 1-inch cubes
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 bay leaf
- Salt to taste
- 1 teaspoon dried thyme leaves
- 2 cups canned fat-free chicken broth
- 1 cup buttermilk
- 1 cup skim milk
- 2 tablespoons lime juice

In a large pot, combine the sweet potato, baking potato, onion, garlic, bay leaf, salt, thyme, and chicken broth and bring to a boil. Reduce the heat and simmer, covered, for 15 minutes, or until the potatoes are tender. Pour the mixture into a food processor and blend until smooth; return to the pot. Add the buttermilk, skim milk, and lime juice and cook over a low heat just until heated through; do not boil. Remove bay leaf before serving.

Nutritional information per serving

Calories 100, Protein (g) 6, Carbohydrate (g) 20, Fat (g) 0, Cal. from Fat (%) 0, Saturated Fat (g) 0, Dietary Fiber (g) 2, Cholesterol (mg) 0, Sodium (mg) 281, Diabetic Exchanges: 1 starch, 0.5 skim milk

DOC'S NOTES:

The baking potato provides a good source of protein, complex carbohydrates and potassium while the sweet potato is a good source of beta carotene, fiber, and vitamins B and C.