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**United States Potato Board
Quick and Healthy Baked Potatoes**

Basic Potato Soup

Prep time: 15 minutes
Cook time: 30 minutes
Start to finish: 30 minutes
Cost per serving: \$1.46

2 cups stock or reduced-sodium broth
1 1/4 lbs. white potatoes, peeled and cut into bite-size cubes
2 stalks celery, chopped
1 medium onion, chopped
1 small carrot, peeled and chopped
1 cup fat-free half and half or milk
1/2 teaspoon thyme or Italian seasoning
Sea salt or garlic salt to taste
Freshly ground pepper to taste

Bring broth to a boil in a large saucepan. Chop vegetables while broth is heating, then add to saucepan. Return to a boil; reduce heat and simmer, covered, for 20 minutes. Let cool slightly, then puree until smooth, or until soup is desired consistency. Stir in *remaining* ingredients and cook for 5 minutes more. Makes 4 servings.

Nutritional analysis per serving without skins:

Calories: 220, Fat: 1.5g, Saturated Fat: 0g, Trans Fat: 0g, Cholesterol: 5mg, Sodium: 340mg, Potassium: 205mg, Carbohydrates: 41g, Fiber: 3g, Sugar: 8g, Protein: 9g, Vitamin A: 45%, Vitamin C: 60%, Calcium: 10%, Iron: 10%

Variations

Broccoli, Chicken and Cheddar Soup

Stir 1 cup each: small broccoli flowerettes, diced cooked chicken and reduced-fat sharp Cheddar cheese into hot soup. Cook for 5 minutes more.

Cost per serving: \$2.00

Nutritional analysis per serving without skins:

Calories: 340, Fat: 8g, Saturated Fat: 4g, Trans Fat: 0g, Cholesterol: 40mg, Sodium: 590mg, Potassium: 309mg, Carbohydrates: 42g, Fiber: 4g, Sugar: 8g, Protein: 22g, Vitamin A: 60%, Vitamin C: 90%, Calcium: 50%, Iron: 10%

Potato Corn Chowder Soup

Increase broth to 2 1/2 cups and stir in 1 1/2 cups frozen corn (thawed) and 3/4 cup diced ham. Simmer for 20 minutes, then press potatoes against the side of the pan with the back of a wooden spoon to break up and thicken soup. Reduce fat-free half and half to 1/2 cup and add shredded Parmesan cheese.

Cost per serving: \$2.75

Nutritional analysis per serving without skins:

Calories: 340, Fat: 7g, Saturated Fat: 2.5g, Trans Fat: 7g, Cholesterol: 35mg, Sodium: 520mg, Potassium: 335mg, Carbohydrates: 49g, Fiber: 4g, Sugar: 8g, Protein: 21g, Vitamin A: 45%, Vitamin C: 60%, Calcium: 15%, Iron: 10%

Chunky Potato Minestrone Soup

Increase broth to 3 cups. Reduce potatoes to 1/2 lb. and increase carrots to two. Omit half and half and instead stir in 2 cups prepared pasta sauce and 1/2 cup canned white beans with the vegetables; simmer for 20 minutes. Serve with a sprinkle of Parmesan cheese, if desired.

Cost per serving: \$1.35

Nutritional analysis per serving without skins:

Calories: 230, Fat: 2.5g, Saturated Fat: 0.5g, Trans Fat: 0g, Cholesterol: 5mg, Sodium: 710mg, Potassium: 390mg, Carbohydrates: 42g, Fiber: 6g, Sugar: 15 g, Protein: 10g, Vitamin A: 80%, Vitamin C: 30%, Calcium: 4%, Iron: 8%

FINAL