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MARCH IS NATIONAL NUTRITION MONTH®



Creamy Potato and Leek Soup

(Makes: 8 Servings) Source: FoodHero.org, recipe/ Creamy Potato and Leek Soup



Nutrition Facts: Serving Size: 3/4 cup

Calories 150	Total Carbohydrate 21 g
Total Fat 5 g	Dietary Fiber 2 g
Saturated Fat 3 g	Total Sugars 2 g
Cholesterol 10 mg	Added Sugars included 0 g
Sodium 55 mg	Protein 5 g

Ingredients:

- 3 leeks (about 3 cups diced)
- 3 potatoes (about 3 cups diced)
- 2 Tablespoons margarine or butter
- 4 1/2 cups low-sodium chicken broth
- 1/4 cup 1% milk
- 2 garlic cloves, minced or
- 1/2 teaspoon garlic powder
- 1/2 teaspoon pepper

Directions:

1. Remove root and green tops from leeks. Slice in half lengthwise and rinse well under running water. Slice crosswise into 1/4 inch slices.
2. Scrub potatoes under running water with a clean vegetable brush; cut into small cubes.
3. Melt margarine or butter in a 2-quart saucepan over medium heat.
4. Add garlic and chopped leeks. Cook until softened.
5. Add potatoes and enough broth to cover. Cover pan and simmer until potatoes are soft. Mash with a potato masher or fork until potatoes are fairly smooth.
6. Add remaining broth, milk and pepper. Simmer for about 5 minutes.
7. Refrigerate leftovers within 2 hours.

This year's theme for National Nutrition Month is **Personalize Your Plate**, which promotes creating nutritious meals to meet individuals' cultural and personal food preferences.

Here are some health tips that offer you some good diet decisions:

1. **Eat Breakfast.** Start your day with a healthy breakfast that includes lean protein, whole grains, fruits, and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa, and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit, and whole grain cereal.
2. **Make Half Your Plate Fruits and Vegetables.** Fruits and veggies add color, flavor, and texture plus vitamins, minerals, and dietary fiber to your plate. Eating 2 cups of fruit and 2 ½ cups of vegetables is your daily goal. Experiment with different types, including fresh, frozen, and canned.
3. **Watch Portion Sizes.** Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt. Measuring cups may also help you compare your portions to the recommended serving size.
4. **Be Active.** Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week. You don't have to hit the gym – take a walk after dinner or put on music and dance at home.
5. **Get Cooking.** Preparing foods at home can be healthy, rewarding, and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans.
6. **Order Out without Ditching Goals.** You can eat out and still stick to your healthy eating plan. The key is to plan ahead, ask questions, and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled, or steamed.
7. **Explore New Foods and Flavors.** Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable, or whole grain that's new to you or your family.



For more information:
Patty Amidon, SNAP-Ed NY Project Manager
✉ paa79@cornell.edu
(585)268-7644 ext. 12

