

Baked Potato Soup

1 bulb garlic clove, large,

1/4-inch-slice cut off top

3 pounds uncooked potatoes, rinsed, pierced with a fork (about 6 large baking potatoes)

6 slices uncooked turkey bacon

4 cups reduced-sodium chicken broth

1 1/2 Tbsp thyme, fresh, chopped

1/2 tsp table salt

1/4 tsp black pepper, freshly ground

6 Tbsp reduced-fat sour cream

6 Tbsp low-fat shredded cheddar cheese

6 Tbsp scallions, sliced

Instructions:

Preheat oven to 400°F. Wrap entire garlic bulb tightly in foil; place garlic and potatoes in oven. (You do not need to put them on a pan; they can go right on an oven rack.) Bake garlic until soft when squeezed, about 45 minutes; remove from oven and let cool. Continue baking potatoes until tender when pierced, about 15 minutes more; let potatoes stand until cool enough to handle. Meanwhile, cook bacon in a large nonstick skillet over medium-high heat until browned, about 6 minutes. Place bacon on paper towels to drain off any fat; chop bacon. Unwrap garlic and squeeze pulp from bulb with hands into a large saucepan. Peel potatoes and add to saucepan; mash with a potato masher until smooth. Gradually stir in broth, thyme, salt and pepper until blended; place saucepan over medium heat and cook until hot, stirring occasionally, about 5 to 10 minutes. Spoon about 1 1/3 cups of soup into each of 6 soup bowls. Top each with 1 tablespoon of sour cream, 1 tablespoon of cheese, 1 rounded tablespoon of bacon and 1 tablespoon of scallions. Grind fresh pepper over top if desired

Servings: 5 @ 1 1/3 cup **4 points, 5 points plus**

Calories: 207.6, **Fat:** 7.8 g, **Carb:** 22.5 g, **Fiber:** 2.4 g, **Protein:** 11.9 g

