

BLT Smashed Potatoes (where the L is Leeks)

Phillis Carey, cooking instructor



Red potatoes with all the trimming of a baked potato + tomatoes

2 1/2 pounds red potatoes

1 cup chicken broth, or milk

1 whole leek, white and green parts only, halved, sliced

4 slices thick-sliced bacon, diced, cooked until crisp

2 whole plum tomatoes, seeded and diced

salt and pepper to taste

1/2 cup sour cream

Serving Ideas: These probably could be made earlier in the day, put into a casserole dish and reheated in a 350 oven until heated through.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 4

1. Cut potatoes in half and place in a large pot and cover with COLD water. Bring to a boil, add salt to taste, then simmer until potatoes are tender, about 12-15 minutes. Drain potatoes and return to pot.
2. Meanwhile, cook the leeks in bacon fat for about 10 minutes until tender and slightly golden.
3. Using a potato masher, gently smash the potatoes, adding some chicken broth to help thin them a little bit. Add the bacon, leeks and fresh tomatoes. Continue to smash (but do not mash them) until the mixture is combined. Season potatoes with salt and pepper. Taste to make sure. Serve with a dollop of sour cream on top.

Per Serving (excluding unknown items): 388 Calories; 13g Fat (29.7% calories from fat); 12g Protein; 57g Carbohydrate; 5g Dietary Fiber; 24mg Cholesterol; 433mg Sodium. Exchanges: 3 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 2 Fat.