

# Potato-and-Leek Soup

- *This creamy soup, along with French bread, makes a delicious and filling meal. Leftover soup keeps well in the refrigerator and can be reheated the next day. (Make sure that you don't soup because boiling will make the dairy curdle, or form lumps.) This soup can also be eaten cold. The French call the cold version vichyssoise.*



# Quiche Lorraine

- *Quiche Lorraine, a main-dish pie, is traditionally made of cream, eggs, and bacon. Many cooks add cheese to these ingredients. This specialty takes its name from the area in northeastern France called Lorraine, which is famous for its bacon.*



# Nicoise Salad

- *This vegetable salad is a hearty main meal by itself. If you want to serve it as one course of a larger meal, leave out the tuna fish. You can also vary the other ingredients in this recipe. Try adding carrots, celery, peas, slices of hard-cooked eggs, or slivered almonds. Experiment and enjoy!*





# Basic Crepe Batter

- *These delicate pancakes made of egg-and-flour batter are both fun to make and delicious. They are often filled with meat, fish, or vegetables, covered with a sauce, and served as a main course. Dessert crepes are made with a sweeter batter and are often filled with fruit*



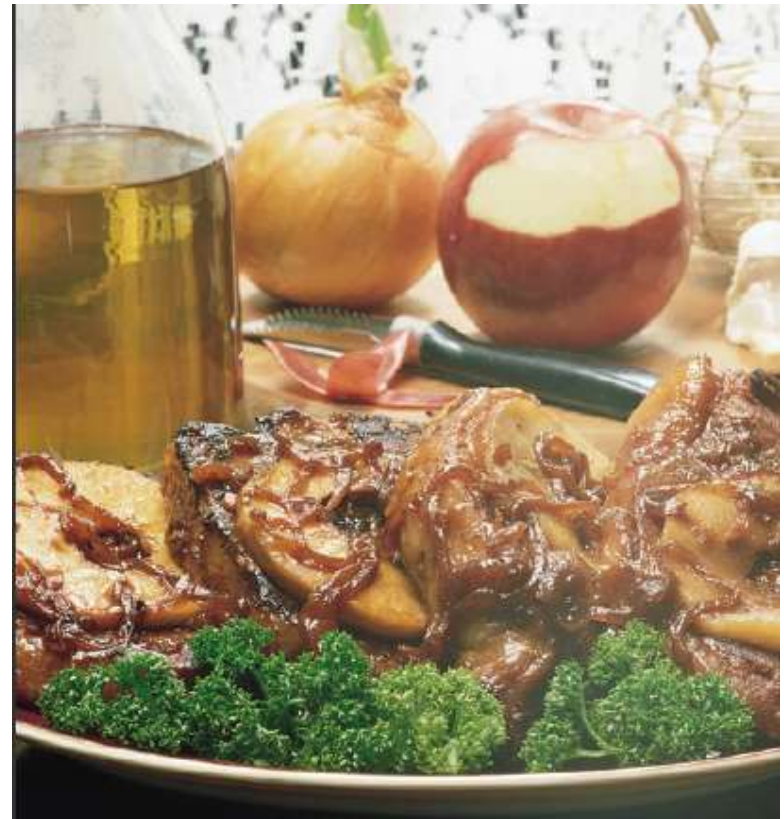
# Ham and Broccoli Crepes with Mornay Sauce

- **Try substituting a flavored tofu for the ham. Many grocery stores and coop markets offer a range of tasty tofu, such as Thai and Italian. Cut up the tofu in bite-sized chunks and add to the crepes, following the directions in Step 4 of the crepe recipe. (You may prefer to skip the Mornay Sauce if you choose to add tofu to your crepes.)**



# Croque Monsieur

- ***To cut the saturated fat content, fry the sandwiches in 1 tbsp. of margarine or olive oil instead of butter. Spraying a nonstick pan with cooking spray is also an option. The sauce can be omitted, too.***





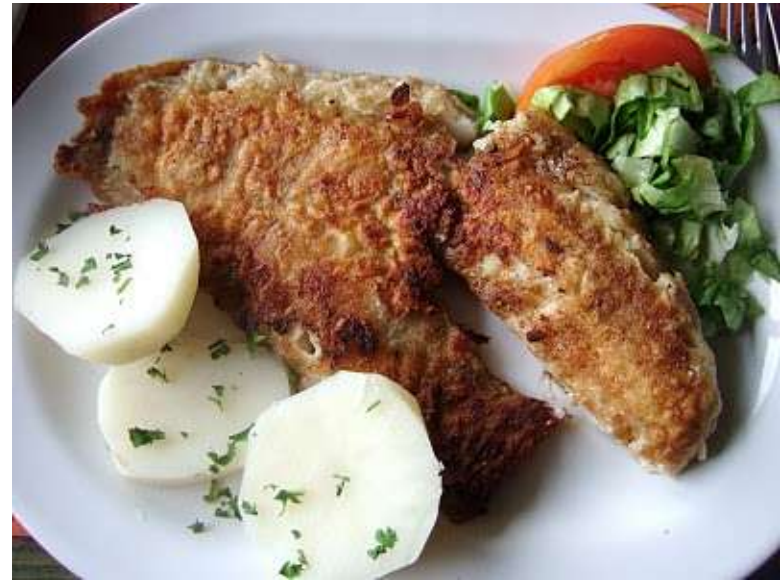
# Sautéed Chicken

- *Accented with thyme, bay leaf, and garlic, this sautéed chicken is a savory main course.*



# ***Pork Chops Normandy Style***

- ***Fat-conscious cooks can make this dish without the sauce. The pork chops are quite tasty when made with just apples.***





# Chocolate Mousse

- *Chocolate mousse is often made with unsweetened chocolate and has a bitter, strong flavor. This recipe, however, is for a light, sweet-tasting mousse that is sure to appeal to all chocolate lovers.*



# ***Fresh Asparagus with Aioli***

- ***\*For a low-fat alternative, sprinkle hot asparagus with a little lemon juice instead of adding butter or margarine***

