



MOM's Popped Lotus Seeds Sea Salt

The seeds are underneath the lotus flower and one has to remove a brown casing, then pop them like popcorn while seasoning them at the same time. These MOM's Popped Lotus Seeds are flavored with butter and sea salt and they are delicious! Better yet, they're low in calories and high in protein.



Ingredients

Serves 4-5

- ◇ 1Tbs. unsalted butter
- ◇ 2 oz. nitrate-free smoky bacon, cut into 1/4-inch dice
- ◇ 1/2 cup dry white wine
- ◇ 1 1/2 quarts chicken stock or canned low-sodium broth
- ◇ 1/2 lb. Yukon Gold potatoes, peeled and cut into 1/4-inch dice
- ◇ Salt, to taste
- ◇ Freshly ground pepper, to taste
- ◇ 3 Tbs. heavy cream
- ◇ 1/2 lb. sorrel, stems discarded, leaves coarsely chopped.
- ◇ 1 cup of MOM's Popped Lotus Seeds, Sea Salt flavor

Instructions

1. Melt the butter in a large saucepan.
2. Add the bacon and cook over moderately low heat until lightly browned, about 4 minutes.
3. Add the wine and simmer until almost evaporated, about 4 minutes. Add the stock and bring to a simmer.
4. Add the potatoes, season with salt and pepper and cook until tender, about 10 minutes.
5. Stir in the heavy cream and simmer for 2 minutes. Remove from the heat and stir in the sorrel.
6. Ladle the soup into bowls and serve topped with Mom's Popped Lotus Seeds Sea Salt flavor.

Notes