

Corn Chowder

Serving Size: 1 cup

Yield: 4 servings

Ingredients:

- 1 tablespoon vegetable oil
- 2 tablespoons finely diced celery
- 2 tablespoons onion, finely diced
- 2 tablespoons finely diced green pepper
- 1 package (10 ounces) frozen whole kernel corn
- 1 cup raw diced potatoes, peeled,
- 1 cup water
- ¼ teaspoon salt
- Black pepper to taste
- ¼ teaspoon paprika
- 2 cups milk, non-fat, divided
- 2 tablespoons flour
- 2 tablespoons chopped fresh parsley

Preparation:

1. In medium saucepan, heat oil over medium high heat.
2. Add celery, onion, and green pepper; sauté for 2 minutes.
3. Add corn, potatoes, water, salt, pepper, and paprika. Bring to a boil; reduce heat to medium; and cook, covered, about 10 minutes or until potatoes are tender.
4. Pour ½ cup milk into a jar with a tight-fitting lid. Add flour and shake vigorously.
5. Add gradually to cooked vegetables; stir well.
6. Add remaining milk.
7. Cook, stirring constantly, until mixture comes to a boil and thickens.
8. Serve garnished with chopped fresh parsley.

Source: "A Healthier You." U.S. Department of Health and Human Services.

Food Group Amounts:		
Color	Food Group	Amount
Orange	Grains	--
Green	Vegetables	¾ c
Red	Fruits	--
Blue	Dairy	½ c
Purple	Protein	--

Nutrient Totals	
<u>Per Serving:</u>	
Calories	186
Total Fat	5 g
Saturated Fat	1 g
Sodium	205 mg
Protein	7 g