

Corn Chowder

From the National Heart, Lung, and Blood Institute

<http://www.nhlbi.nih.gov/health/resources/heart/syah-html/cornchow>

Ingredients

- 1 tablespoon vegetable oil
- 2 tablespoons finely diced celery
- 2 tablespoons finely diced onion
- 2 tablespoons finely diced green pepper
- 1 package frozen whole kernel corn (10oz)
- 1 cup peeled, diced, ½ inch raw potatoes
- 2 tablespoons chopped fresh parsley
- 1 cup water
- ¼ teaspoon salt
- To taste black pepper
- ¼ teaspoon paprika
- 2 tablespoons flour
- 2 cups low-fat (1%) or skim milk

Instructions

1. Heat oil in medium saucepan.
2. Add celery, onion, and green pepper and saute 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. Place 1/2 cup milk in a jar with tight fitting lid. Add flour and shake vigorously.
5. Add gradually to cooked vegetables and add remaining milk.
6. Cook, stirring constantly, until mixture comes to a boil and thickens. Serve garnished with chopped fresh parsley.

Makes 4 servings

Nutrition information per serving

Calories: 186	Dietary Fiber:
Total Fat: 5 g	Sodium: 205 mg
Saturated Fat: 1 g	Protein:
Cholesterol: 5 mg	Carbohydrates:

