



Creamy Corn Chowder

Makes 5 Servings

Cooking spray
1 Tbsp light tub margarine
½ cup chopped onion
½ cup diced celery
1 ½ cups water
1 small baking potato, peeled and cut into ½-inch cubes (about 1 cup)
1 14.75-ounce can no-salt-added creamed corn, undrained
1 ½ cups frozen whole-kernel corn, thawed
1 to 2 tsp sugar
1 packet (1 teaspoon) salt-free instant chicken bouillon
1/8 tsp salt
1/8 tsp pepper (white preferred)
1 cup fat-free half-and-half
1 Tbsp all-purpose flour
2 Tbsp minced fresh parsley

Lightly spray a medium saucepan with cooking spray. Melt the margarine over medium heat, swirling to coat the bottom. Stir in the onion and celery. Cook for 4 to 5 minutes, or until soft but not brown, stirring occasionally. Stir in the water, potato, both corns, sugar, bouillon, salt, and pepper. Increase the heat to medium high and bring to a boil. Reduce the heat and simmer, covered, for 20 minutes, or until the potato is just tender, stirring occasionally.

Pour the half-and-half into a small bowl. Add the flour, whisking to dissolve. Stir into the soup. Stir in the parsley. Simmer for 15 minutes, or until the soup has thickened, stirring frequently.

Cook's Tip: To further thicken the soup, simmer for an additional 10 to 15 minutes. To thin the soup, stir in 1 or 2 tablespoons fat-free half-and-half or fat-free milk.

Nutritional Analysis

One Serving =1 cup

Calories 180
Fat 2.5g
 Saturated Fat 0.5g
Cholesterol 0mg
Sodium 140mg
Carbohydrates 37g
Protein 5g

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