

CORN CHOWDER

Using low-fat milk instead of cream lowers the saturated fat content in this hearty dish.

1 Tbsp	vegetable oil
2 Tbsp	finely diced celery
2 Tbsp	finely diced onion
2 Tbsp	finely diced green pepper
1 package	frozen whole kernel corn (10 oz)
1 C	peeled, diced, 1/2-inch raw potatoes
2 Tbsp	chopped fresh parsley
1 C	water
1/4 tsp	salt
to taste	black pepper
1/4 tsp	paprika
2 Tbsp	flour
2 C	low-fat (1%) or skim milk

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.

Yield: 4 servings--Serving Size: 1 cup

Each serving provides:

Calories: 186

Total fat: 5 g

Saturated fat: 1 g

Cholesterol: 5 mg

Sodium: 205 mg

Source: <http://www.nhlbi.nih.gov/health/public/heart/other/syah/cornchow.htm>