

Corn Chowder

Makes: 7 Servings

A corn chowder recipe that uses low-sodium, canned corns and low-fat milk.

Ingredients

- 1/2 cup** onion (chopped)
- 1/2 cup** celery (chopped)
- thyme (1/2 teaspoon, if you like)
- 1 tablespoon** margarine
- 1** medium potato (peeled and diced)
- 2 cups** low-fat milk
- 1 can** low-sodium corn (drained, 15 1/4 ounces)
- 1 can** low-sodium cream style corn (14 3/4 ounces)

Directions

1. In medium saucepan, cook onion and celery in margarine until tender. If using thyme, add that too. 2. Add potato; cook and stir for 2 minutes. 3. Add low-fat milk. 4. Cover and simmer on low heat 15 minutes or until potato is tender. 5. Stir in both cans of corn; heat through.

Recipe provided by DelMonte.com.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	160	
Total Fat	3 g	
Protein	6 g	
Carbohydrates	31 g	
Dietary Fiber	3 g	
Saturated Fat	1 g	
Sodium	227 mg	