



## Try this creamy chowder without the cream – or fat

### Corn chowder

This corn chowder only has 5 grams of total fat and less than 200 calories per serving.

- 1 Tbsp vegetable oil
- 2 Tbsps celery, finely diced
- 2 Tbsps onion, finely diced
- 2 Tbsps green pepper, finely diced
- 1 package (10 oz) frozen whole kernel corn
- 1 cup raw potatoes, peeled, diced in ½-inch pieces
- 2 Tbsps fresh parsley, chopped
- 1 cup water
- ¼ tsp salt
- Black pepper, to taste
- ¼ tsp paprika
- 2 Tbsps flour
- 2 cups low-fat or skim milk

1. Heat oil in medium saucepan. Add celery, onion and green pepper, and sauté for 2 minutes.
2. Add corn, potatoes, water, salt, pepper and paprika. Bring to boil, then reduce heat to medium. Cook covered for about 10 minutes or until potatoes are tender.

3. Place ½ cup of milk in jar with tight-fitting lid. Add flour and shake vigorously.
4. Gradually add milk-flour mixture to cooked vegetables. Then add remaining milk.
5. Cook, stirring constantly, until mixture comes to boil and thickens.

Serve garnished with chopped, fresh parsley.

**Servings:** 4

**Serving size:** 1 cup

**Each serving provides:**

Calories: 186

Total fat: 5 g

Saturated fat: 1 g

Cholesterol: 5 mg

Sodium: 205 mg

Source: National Heart, Lung, and Blood Institute website: *Keep the Beat: Heart Healthy Recipes from the National Heart, Lung, and Blood Institute* (July 2003): [nhlbi.nih.gov](http://nhlbi.nih.gov).