

# Corn Chowder

## Heart Healthy Recipe of the Month

**Here's a creamy chowder without the cream-or fat!**

*Source: Keep the Beat! Heart Healthy Recipes*

*Number of Servings: Four 1 cup servings.*

### Ingredients:

1 TBSP Vegetable Oil  
2 TBSP finely diced celery  
2 TBSP finely diced onion  
2 TBSP finely diced green pepper  
1 10oz. Package of frozen kernel corn  
1 cup raw potatoes, diced into 1/2 inch pieces  
2 TBSP fresh parsley, chopped  
1 cup water  
1/4 tsp. salt  
Black pepper to taste  
1/4 tsp. paprika  
2 TBSP flour  
2 cups skim milk

### Directions

1. Heat oil in medium saucepan. Add celery, onion, green pepper and sauté for 2 minutes.
2. Add corn, potatoes, water, salt, pepper, and paprika. Bring to boil and reduce heat to medium.
3. Place 1/2 C milk and flour in jar with tight lid. Shake vigorously.
4. Gradually add flour-milk mixture to vegetables. Then add remaining milk.
5. Cook, stirring constantly until mixture comes to a boil and thickens. Serve with chopped parsley.

### Nutrition Content:

Calories: 186  
Total fat: 5g  
Saturated fat: 1g  
Cholesterol: 5 mg  
Sodium: 205 mg  
Total fiber: 4g  
Protein: 7g  
Carbohydrates: 31g  
Potassium: 455mg