

# It's Chowder Time!



## Speedy Corn Chowder

*Serves: 4 | Serving Size: 1 and 1/4 cups*

### *Ingredients:*

1 teaspoon oil  
1/2 onion, chopped  
1 teaspoon minced garlic  
4 tablespoons all-purpose flour  
3 cups skim milk  
2 teaspoons prepared mustard  
1/4 teaspoon dried thyme  
Black pepper, to taste  
2 cups frozen corn kernels  
4 tablespoons shredded reduced-fat cheddar cheese

### *Directions:*

Heat a large non-stick skillet over medium-high heat. Add the oil and sauté the onion and garlic until golden, about 2 minutes.

Meanwhile, place the milk, flour, mustard, and seasonings in a small bowl and mix well.

Add the milk mixture to the skillet followed by the corn; mix well until it comes to a boil and thickens, about 3 minutes. Stir frequently to keep the mixture from burning.

Divide into four bowls and top each with 1 tablespoon of shredded cheese.

### *Nutrition Information:*

Serves 4. Each serving has 227 calories, 5 g fat, 2 g saturated fat, 0 g trans fat, 13 mg cholesterol, 163 mg sodium, 37 g carbohydrate, 3 g fiber, 13 g sugar, and 12 g protein. Each serving also contains 6% DV vitamin A, 13% DV vitamin C, 29% DV calcium, and 5% DV iron.

### *Chef's Tips:*

To make this a base for a make-your own chowder bar, consider using a bit less corn and putting the shredded cheese in a separate bowl so that people can serve themselves.

This dish looks great when garnished with parsley, as pictured above.

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