

Corn Chowder

Prep Time: 10 minutes | Cook Time: 30 minutes | Total Time: 40 minutes

Ingredients

1 tablespoon olive oil
2 tablespoons celery, finely diced
2 tablespoons onion, finely diced
2 tablespoons green pepper, finely diced
1 package (10 oz) frozen corn
1 cup raw potatoes, peeled and diced
2 tablespoons fresh parsley, chopped
1 cup water 1/4 teaspoon salt
Black pepper to taste
1/4 teaspoon paprika
2 tablespoons flour
2 cups low-fat or skim milk

Instructions

1. Heat oil in a saucepan.
2. Sauté celery, onion, and pepper for 2 minutes.
3. Add corn, potatoes, water, salt, pepper, and paprika.
4. Bring to a boil, then simmer 10 minutes.
5. In a jar, shake 1/2 cup milk with flour until smooth.
6. Gradually stir mixture into pot, then add remaining milk.
7. Cook, stirring constantly, until chowder thickens.
8. Garnish with parsley.

Nutrition Information Serving size: 1 cup	
Calories	186
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	205 mg
Total Fiber	4 g
Protein	7 g
Carbohydrates	31 g
Potassium	455 mg

Nutrition Terms Defined

Calories: A measure of the energy provided by food.

Total Fat: All types of fat in the food — includes both healthy and unhealthy fats.

Saturated Fat: A type of fat that can raise “bad” cholesterol levels when eaten in excess.

Cholesterol: A waxy substance found in the blood. Too much from food can affect heart health.

Sodium: A mineral that helps regulate fluid balance, but too much can raise blood pressure.

Fiber: The part of plant foods that helps with digestion and supports heart health.

Protein: A nutrient that builds and repairs tissues, including muscles.

Carbohydrates: The body’s main source of energy; includes sugars, starches, and fiber.

Potassium: A mineral that helps control blood pressure and supports heart and muscle function.

Fat Attack

Source
Keep the Beat: Heart Healthy Recipes.
National Heart, Lung, and Blood Institute
https://www.nhlbi.nih.gov/resources/keep-beat-heart-healthy-recipes

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