

10 Minute Corn Chowder (makes 4 servings)

1 tsp oil
1/2 chopped onion
1 tsp minced garlic
4 Tbsp all purpose flour
3 cups skim milk
2 tsp mustard
1/4 tsp dried thyme
black pepper, to taste
2 cups frozen corn kernels
4 Tbsp shredded reduced fat cheddar cheese

Heat a large nonstick skillet over medium-high heat. Add oil and sauté onion and garlic until golden, about 2 minutes. Meanwhile, place milk, flour, mustard and seasonings in a small bowl and mix well. Add milk mixture to skillet followed by corn; mix well until mixture comes to a boil and thickens, about 3 minutes. Stir frequently to keep mixture from burning. Divide into four bowls and top each with 1 tablespoon of shredded cheese. Reprinted with permission from Communicating Food for Health.

Chowder Nutrition per 1 cup serving: 232 calories; 14 g protein; 35 g carbohydrates; 5 g total fat; 2.5 g saturated fat; 13 mg cholesterol; 3 g fiber; 420 mg sodium

Meal Suggestion: This mild, corny soup needs a green salad with small chunks of natural mozzarella cheese and bite-size tomatoes, breadsticks, and a fresh tangerine to make it a family meal.