

Summer Corn Chowder

From *Midwest Living* Aug 2011

(Vegetarian and lower sodium options given from lisa)

4 ears of corn or 1 10-oz package frozen whole kernel corn (2 cups)
1 14-oz can vegetable broth (regular or low sodium)
1 12-oz package frozen shelled edamame (soybeans)
1 10-oz package frozen baby sweet peas or frozen baby lima beans
Optional 2 large peppers- red, green, yellow..seeded and chopped
1 onion chopped (1 cup)
2 tsp snipped fresh marjoram or oregano or $\frac{3}{4}$ tsp DRIED marjoram or oregano
 $\frac{1}{2}$ tsp salt (optional)
 $\frac{1}{4}$ to $\frac{1}{2}$ tsp ground white or black pepper
1 14.75-oz can no salt added cream-style corn
1 cup cubed vegetarian ham, lean cooked ham or cooked turkey ham
 $\frac{2}{3}$ cup or one 5-oz can evaporated fat free milk
1 tsp Worcestershire sauce
Fresh marjoram or oregano sprigs for garnish (optional)

1. If using fresh corn, remove husks, brush silks, rinse. Holding each ear at an angle use a sharp knife to cut down across the tips of the kernels at $\frac{2}{3}$ depth. Do not scrape. Measure 2 cups fresh corn kernels. (or use frozen)
2. In large saucepan, bring fresh or frozen corn, broth, soybeans, onion, and all spices to a boil, then reduce heat. Simmer chowder for 5-7 minutes or until corn and onion are tender. Stir in undrained cream-style corn, "ham" milk and Worcestershire sauce. Heat through. Garnish if desired.

Other option is to add a can of 6 oz tuna in place of the "ham"

Makes 6 (1 $\frac{1}{3}$ cup main-dish servings)

Cals 211

14 grams pro

30 grams carb

5 grams fiber

5 grams fat (or less with veggie ham)

Count as 2 starch + 2 lean protein