



## Spring Fling Chowder

Serving Size 1 cup

Yield: 8 servings

### Ingredients:

- 1 tablespoon vegetable oil
- 1 small onion, chopped
- 2 cups fresh or frozen asparagus, chopped into small pieces
- 1 large potato, peeled and diced
- 3 cups low-sodium, fat-free chicken or vegetable broth (or use water)
- 1 can (15 ounces) cream-style corn
- 1 cup frozen peas
- salt and pepper to taste
- 1/2 cup cheddar cheese, grated



### Directions:

1. Heat oil in large pot. Sauté onion, asparagus, and potato over medium heat, stirring often, until soft, about 10 minutes.
2. Cover and simmer until potato is tender, about 10 minutes.
3. Add chicken broth, corn, and pepper.
4. Add frozen peas and simmer 1 more minute.
5. Season with salt and pepper.
6. Serve hot, sprinkled with cheese.

Notes: Leave skin on potato for added fiber.

Try using fresh or frozen broccoli instead of asparagus.

Try using canned green beans or diced tomatoes instead of peas.

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