



Ten Minute Corn Chowder

Serving Size: 1-1/4 cup

Yield: 4 servings

Ingredients:

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



Directions:

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

Notes: 1. *If you don't have frozen corn, use canned corn, drained or vacuum-packed.*
2. *The mustard adds an extra boost of flavor to this recipe; however, if you're not a big mustard fan or have one of the hotter or spicier mustards, you might start with 1 teaspoon.*
3. *If you have trouble keeping sauces and gravies from turning lumpy, try using a quick-mixing flour.*

Nutrition Information: Calories, 350; Total Fat, 13g; Saturated Fat, 3g; Trans Fat 3g; Cholesterol, 10mg; Sodium, 620mg; Total Carbohydrate, 45g; Dietary Fiber, 5g; Sugars, 11g; Protein, 9g.

Source: Adapted by Alice Henneman, University of Nebraska-Lincoln Extension, with minor edits



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