

Salmon Corn Chowder

Serves 8

1 medium potato, peeled, diced
3 carrots, peeled, diced
Olive oil cooking spray
2 stalk celery, diced
1 medium yellow or white onion, diced
1 tsp extra virgin olive oil
3 tbsp whole wheat flour
1 cup skim milk
1 32- ounce container low sodium vegetable or chicken broth
2 6 ounce salmon packed in water
2 cups frozen corn kernels
1-2 tsp paprika
Sea salt and freshly ground pepper to taste
1 tbsp dill, minced

Preheat large stockpot, coated with cooking spray, over medium high heat for 2 minutes.

Add celery, onion and sauté 2 minutes or until onions are soft.

Add oil and flour and whisk. Add milk and whisk $\frac{1}{4}$ cup at a time creating a roux for the soup.

Add broth and cook 5 minutes. Add additional flour if soup is thin and whisk.

Add salmon, diced potatoes, carrots, corn and paprika.

Reduce heat to low and simmer for 10 minutes.

Season with salt and pepper to taste.

Add dill 1 minute before serving.

Per serving:

191 calories

25 g carbohydrates

3.5 g fiber

15 g protein

4.3 g fat

1 g sat fat

22 mg cholesterol

322 mg sodium

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