

Quick and Light Corn Chowder



Ingredients:

- 1 teaspoon olive or canola oil
- 1/2 onion, chopped
- 1 teaspoon garlic, minced
- 4 tablespoons all-purpose flour
- 3 cups nonfat milk
- 2 teaspoons mustard
- 1/4 teaspoon dried thyme
- 1/2 teaspoon garlic powder
- Salt and pepper, to taste
- 3 cups frozen corn kernels
- 4 tablespoons reduced-fat cheese

Directions:

1. Heat a large skillet over medium-high heat. Add the oil and cook the onion and garlic until golden-brown – about 2 minutes.
2. In a small bowl, combine flour, milk, mustard, and seasonings.
3. Add the milk mixture to the skillet, followed by the corn.
4. Mix well and bring to a boil for about 3 minutes, stirring frequently.
5. Serve topped with cheese.
6. To reheat: thin with non-fat milk if needed.

Makes 4 servings.



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