

# 10 MINUTE CORN CHOWDER



**YIELD 4 SERVINGS**

Serving Size: 1 1/4 cup

## NUTRITION FACTS PER SERVING

Calories:	232	Cholesterol:	13 mg
Carbs:	35 g	Protein:	13 g
Fiber:	3 g	Sodium:	191 mg
Fat:	5 g	Potassium:	475-500 mg
Saturated Fat:	2.5 g		

## INGREDIENTS

- 1 tsp Oil
- ½ Onion, chopped
- 1 tsp Garlic, minced
- 4 tbsp All-Purpose Flour
- 3 cups Skim Milk
- 2 tsp Prepared Mustard
- ¼ tsp Dried Thyme
- Black Pepper to taste
- 2 cups Frozen Corn Kernels
- 2 tbsp Shredded Reduced Fat Cheddar Cheese
- Extra Salt-Free Seasoning to taste

## DIRECTIONS

1. Heat a large, nonstick skillet over medium-high. Add the oil, then onion and garlic and sauté until golden, about 2 minutes.
2. Meanwhile, place the milk, flour, mustard, and seasonings in a small bowl and mix well. 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.
3. Divide into four bowls and top each with 1 tablespoon of shredded cheese.



Jefferson County  
Health Center