

## Salmon Cheese Chowder

### Ingredients:

- 2 teaspoons vegetable oil
- 1 potato
- 1 onion
- 1 stalk celery
- 15 ounces corn, canned
- 3 tablespoons flour
- 3 cups low sodium chicken broth
- 15 ounces salmon, canned, or tuna
- 12 ounces low-fat cheddar cheese
- 2 cups skim milk

### Equipment:

- Cutting board
- Knife
- Colander
- Non stick skillet
- Measuring cups
- Measuring spoons
- Can opener
- Grater

Number of Servings: 10

Prep Time: 20 minutes

Total Time: 30 minutes

### Directions

1. Heat oil in heavy skillet on medium until hot.
2. Wash potato and place on cutting board. Cut potato into bite size pieces and add to skillet. Cook in skillet for 10 to 15 minutes until tender, stirring often.
3. While potatoes are cooking, cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop into small pieces. Add to potatoes.
4. Wash a celery stalk and lay it on a cutting board. Cut off both ends and cut into shorter lengths. Lay these pieces side by side. Cut wider pieces in half lengthwise so that all the pieces are about the same size. Cut across the ends until all pieces are chopped up. Add to potatoes. Cook until onions are translucent.
5. Open corn and pour into a colander. Rinse under cool water to remove sodium, and set aside to drain.
6. When vegetables are tender, blend flour into sautéed vegetables with a spatula or whisk. Slowly pour chicken broth into skillet and stir until smooth and beginning to thicken, about 10 to 15 minutes.
7. Open salmon and add to skillet. Use a fork to remove skin and mash up bones.
8. Add corn to skillet. Simmer for 5 minutes. While chowder is cooking, use a grater to grate cheese into small pieces.
9. Add milk and heat until steamy.
10. Add cheese and stir until melted.

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### Nutrition Facts

Serving Size: 1 cup

Servings: 10

Amount Per Serving

Calories **208** Calories from Fat 54

%Daily Value\*

**Total Fat** 6g **9%**

Saturated Fat 2g **10%**

**Cholesterol** 31mg **10%**

**Sodium** 720mg **30%**

**Potassium** 454mg **13%**

**Total Carbohydrate** 15g **5%**

Dietary Fiber 1g **4%**

**Protein** 23g **46%**

Vitamin A 4% Vitamin C 10%

Iron 6% Calcium 30%

\*Percent Daily Values are based on a 2,000 calorie diet.

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