## Corn and Salmon Chowder

## **INGREDIENTS**

- ½ cup fat-free dry milk powder plus 2 cups water OR 2 cups fat-free milk
- 2 14.75-ounce cans no-salt-added cream-style corn
- 2 cups frozen whole-kernel corn
  1 15.25-ounce can no-salt-added whole-kernel corn
- 2 5-ounce cans boneless, skinless salmon in water (lowest sodium available), drained and laked, OR
   2 5-ounce cans chicken breast in water (lowest sodium available), drained and laked
- ¼ cup minced red or green bell pepper
- ½ teaspoon dried thyme, basil, OR oregano
- ½ teaspoon salt
- ¼ teaspoon pepper



**SERVINGS:** 6

SERVING SIZE: 11/4 cups

COST PER SERVING: \$1.85

**CALORIES** 242 Per Serving

**PROTEIN**16g Per Serving

**FIBER**3g Per Serving



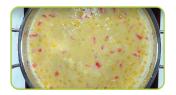
**STEP 1:** In a small bowl, whisk together the dry milk powder and water until well blended.



**STEP 2:** In a medium saucepan, stir together both corns, the milk mixture, and salmon. Heat over low heat for 5 minutes, stirring occasionally.



**STEP 3:** Stir in the remaining ingredients.



**STEP 4:** Increase the heat to medium-low. Cook for 7 minutes.



**ENJOY!** 

