

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 **OR**
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: 1¼ 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!