

Microwave Potato Corn Chowder

Serving Size: 1/6 of recipe

Yield: 6 servings

Ingredients:

1/4 cup promise margarine
1/4 cup all purpose flour
1/4 teaspoon salt
1/8 teaspoon pepper
2 cups skim milk
2 peeled and diced potatoes
1 can (16 ounce) corn - drained



Instructions:

1. Melt margarine in glass bowl on HIGH for 30 to 50 seconds.
2. Stir in flour, salt and pepper until smooth.
3. Blend milk into flour-margarine mixture.
4. Cook on HIGH for 6 to 8 minutes, until thickened, stirring well each minute. Set aside.
5. In a separate microwave safe bowl, cook 2 potatoes in 1 cup water. When potatoes are done add potatoes and cooking water to white sauce.
6. Stir in 1-16 ounce can of corn. Cook 2 to 3 minutes or until steaming hot.

Note: Shredded cheese, crumbled bacon, chopped ham or onion may be added. Add clams for clam chowder.

Per Recipe: \$ 1.92

Per Serving: \$ 0.48

Nutrition Facts: Calories 250, Total fat, 8 grams, Cholesterol 0 mg, Sodium 380 mg, Total Carbohydrate 39 grams, Dietary Fiber 3 grams, Protein 7 grams