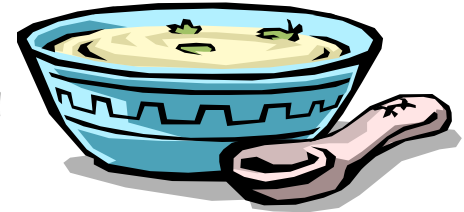


Salmon Chowder

5 servings

Estimated cost per serving: \$ 1.20

- 2 Tbsp canola oil or soft-tub margarine
- 3 cups frozen Potatoes O'Brien (diced potatoes with onion & bell pepper)
- 1 (14 oz) can 'reduced sodium' chicken broth (like Campbell's Healthy Request)
- 1 (13 oz) can skim evaporated milk
- $\frac{1}{2}$ cup frozen carrot rounds
- 1 cup frozen corn kernels
- 1 (7 oz.) pouch or can chunk salmon (skinless, boneless), drained
- $\frac{1}{8}$ tsp black pepper
- $\frac{1}{4}$ tsp dried thyme
- $\frac{1}{8}$ tsp red cayenne pepper (optional)



- 1) Heat oil or margarine in a medium-size pot; add frozen potatoes and cook for 4 - 5 min over medium heat, stirring occasionally.
- 2) Add the rest of the ingredients, stirring to mix. Bring the mixture to a boil; immediately reduce the heat to low, cover and simmer for about 10 minutes or until thoroughly heated.

Nutrition Information, per serving (about 1 $\frac{1}{2}$ cups): 300 calories, 9 g total fat, 2.5 g saturated fat, 45 mg cholesterol, 260 mg sodium, 37 g carbohydrate, 4 g dietary fiber, 20 g protein

Good source of Vitamin A, Vitamin C, Calcium, Iron, Dietary Fiber & Omega-3 fats

Pyramid Servings: 2 vegetable, $\frac{1}{2}$ milk, 1 $\frac{1}{2}$ oz. meat/beans

Nutrition Note: Soup is '**comfort food**' and so much more . . . On a cold, wintry day a bowl of steaming soup is very satisfying. In fact, many studies show soup to be one of the most filling foods, especially when it has vegetables and beans or other lean protein sources. In general, broth and tomato based soups are lower in calories & fat than creamy and cheesy soups. Are you a cream soup fan? Use evaporated skim milk in your recipes in place of cream or whole milk - you'll get the flavor you want without the extra fat and calories. Enjoy a cup of soup for a snack or appetizer or have a larger portion as an entree. When buying canned soups look for those that are lower in sodium (450 mg or less per cup) and saturated fat (<2g per cup) and have about 100-130 calories per serving.



Question or comments??? Contact SHS Nutritionist Rebecca Gruenes, MS, RD at (507)389-5689 or at rebecca.gruenes@mnsu.edu