

Fish Chowder

Serves 8



- 4 cups chicken broth, low-fat and low sodium
- 1 bay Leaf
- $\frac{1}{8}$ teaspoon thyme
- $\frac{1}{8}$ teaspoon rosemary
- 1 pound Fish Fillets,* cut in 1 inch cubes
- 1 large onion, chopped
- 1 cup chopped celery (include tender leaves)
- 4 cups diced potatoes with skin
- 1 (13-ounce) can evaporated skim milk
- $\frac{1}{4}$ cup corn starch
- Garnish: $\frac{1}{4}$ cup finely chopped green onions

1. Place broth, first 3 seasonings, and fish in large pot. Bring to boil. Add vegetables. When mixture returns to boil, reduce heat and simmer covered for 30 minutes.

2. Transfer 2 cups of the chowder to a blender and puree. Return pureed contents to the pot.

3. Add can milk into cornstarch and stir until smooth. Add the mixture to the simmering chowder, stirring constantly until thicken. Remove bay leaf.

*Any white fish fillets will work.

Nutrition information: calories 272, total fat 1g, sodium 527mg, carbohydrates 38g, dietary fiber 3g, protein 26g.

Healthy Tip

Evaporated skim milk is a great way to make a cream.

Leftover fish could be used to make this recipe. Simply add fish to chowder after the vegetables have cooked about 15 minutes.

