

Vegetable and Salmon Chowder

Serves 4

- 1½ cup onions, diced
- ½ cup carrots, sliced
- ½ cup celery, diced
- 2 cups canned potatoes, drained
- 1 (10-ounce) package frozen corn or 8-ounce can, drained
- 4 cups low-fat, low sodium chicken broth
- ½ (14-ounce) can salmon, drained, flaked, skin and bones removed

1. Spray large saucepan with nonstick cooking spray; add onions, carrots and celery and cook over medium heat for 3 to 4 minutes or until tender.

2. Add corn and chicken broth; heat to boiling. Reduce heat; simmer for 10 minutes.

3. Add salmon and canned potatoes; cook for 5 minutes.

Nutrition information: calories 230, fat 4g, sodium 510mg, protein 17g, carbohydrates 35g



Food for Thought

Substitute 2 small diced potatoes for the canned potatoes. Add with the corn and the chicken broth.

Use frozen, chopped spinach instead of corn for a different flavor and appearance.