



Chicken Corn Chowder

Servings: 8

Serving Size: 1 cup

Ingredients:

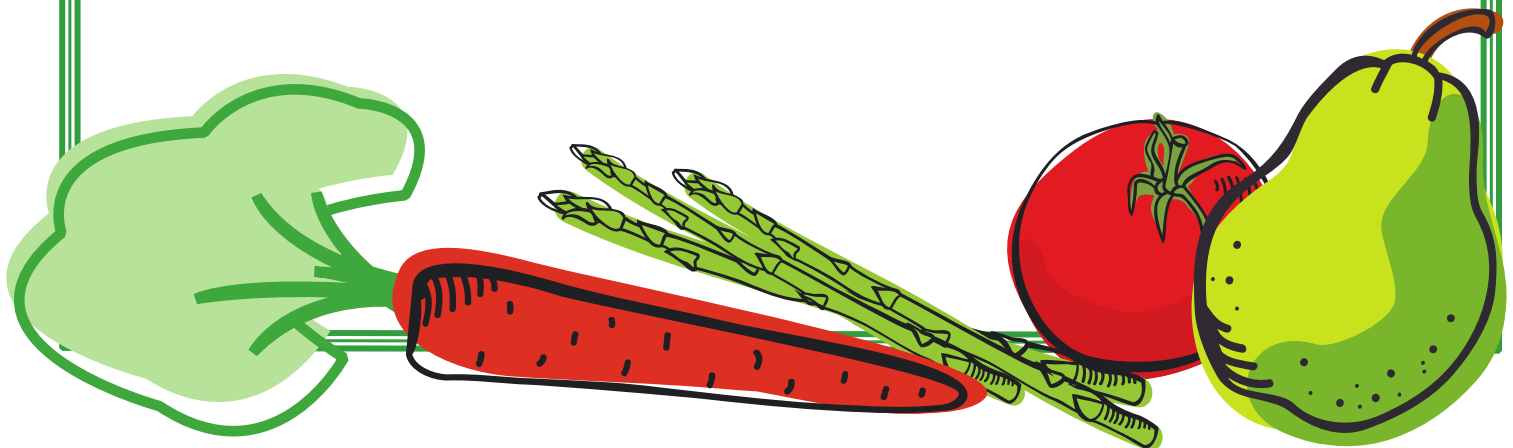
- 2 Tablespoons olive oil
- 1 ½ pounds boneless uncooked chicken, cut into ½ - inch cubes (or leftover chicken)
- 1 medium onion, chopped
- 2 stalks celery, chopped
- 2 large carrots, chopped
- 2 cups frozen corn
- 2 cans (18.5-ounce), low sodium cream of potato soup
- 1 ½ cups chicken broth
- ½ cup low-fat (or nonfat) milk
- Pinch of salt and pepper

Directions:

1. Heat the oil in a large pot. Brown the chicken on both sides.
 2. Add onions and celery to pot and cook for about 3 to 4 minutes, until just tender.
 3. Add the potatoes, carrots, corn, chicken broth, and salt and pepper to the pot.
1. Cover and cook on low or until chicken is done and vegetables are tender. Stir in the milk.
 2. Serve with wholegrain bread if desired.

Nutrition Facts

Serving Size 1 cup	
Servings Per Container 8	
Amount Per Serving	
Calories 300	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 710mg	30%
Total Carbohydrate 33g	11%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 17g	
Vitamin A 70%	• Vitamin C 8%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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