

Potato Corn Chowder

Ingredients:

2 potatoes, peeled and diced
 15 ounces sweet corn,
 drained
 2 tablespoons margarine
 1/4 cup all-purpose flour
 2 cups skim milk
 1/8 teaspoon pepper

Equipment:

Cutting board
 Knife
 Microwave safe bowl with lid
 Large Sauce pan with lid
 Spatula
 Can opener
 Measuring spoons
 Measuring cups

Number of Servings: 4
 Prep Time: 20 minutes
 Total Time: 20 minutes

Directions

1. Wash potatoes, cut into bite size pieces. Place in microwave safe bowl with lid. Add 1/4 cup of water and cover.
2. Microwave on high for 8 minutes.
3. Open corn and pour into a colander. Rinse with cool water to remove sodium.
4. While potatoes are cooking, melt margarine in saucepan over medium heat and add flour. Stir until thoroughly mixed and smooth.
5. Slowly add skim milk to saucepan and stir until thickened, about 5 minutes.
6. Stir in corn and potatoes. Cook 2 to 3 minutes or until steaming hot. Season with pepper.

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

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Nutrition Facts

Serving Size: 1 cup	
Servings: 4	
Amount Per Serving	
Calories 203	Calories from Fat 54
%Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Cholesterol 2mg	1%
Sodium 139mg	6%
Potassium 650mg	19%
Total Carbohydrate 30g	10%
Dietary Fiber 2g	8%
Protein 1g	2%
Vitamin A 12%	Vitamin C 27%
Iron 6%	Calcium 16%
*Percent Daily Values are based on a 2,000 calorie diet.	

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.