

Fresh Corn and Chicken Chowder

*All-Time Favorites 2012 Cookbook
Better Homes and Gardens Magazine*

Servings: 4

*12 ounces skinless/boneless chicken
breast halves or chicken thighs
4 ears sweet corn
1 container (32 ounce) reduced-
sodium chicken broth
1/2 cup (one small) green sweet
pepper, chopped
1 cup milk
1 1/4 cups instant mashed potato
flakes
salt and black pepper
crushed red pepper (optional)*

In a Dutch oven, combine the chicken, corn and broth. Cover and bring to boiling over high heat. Reduce the heat. Simmer for 12 minutes or until the chicken is no longer pink. Remove the chicken and corn to a cutting board.

Add half the sweet pepper to the broth in the Dutch oven. Stir in the milk and potato flakes. Shred the chicken using two forks. Return the chicken to the Dutch oven.

Using a kitchen towel to hold the hot corn, cut the kernels from the cobs. Place the corn in the Dutch oven and heat through. Season to taste with salt and pepper.

Sprinkle each serving with the remaining sweet pepper and, if desired, crushed red pepper.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 115 Calories; 3g Fat (21.9% calories from fat); 5g Protein; 20g Carbohydrate; 2g Dietary Fiber; 8mg Cholesterol; 43mg Sodium. Exchanges: 1 Grain(Starch); 0 Non-Fat Milk; 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	115	Vitamin B6 (mg):	.1mg
% Calories from Fat:	21.9%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	62.7%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	15.4%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	3g	Folacin (mcg):	44mcg

Saturated Fat (g): 1g
Monounsaturated Fat (g): 1g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 8mg
Carbohydrate (g): 20g
Dietary Fiber (g): 2g
Protein (g): 5g
Sodium (mg): 43mg
Potassium (mg): 335mg
Calcium (mg): 75mg
Iron (mg): trace
Zinc (mg): 1mg
Vitamin C (mg): 7mg
Vitamin A (i.u.): 330IU
Vitamin A (r.e.): 48 1/2RE

Niacin (mg): 2mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0 0%

Food Exchanges

Grain (Starch): 1
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 115 **Calories from Fat:** 25

% Daily Values*

Total Fat	3g	5%
Saturated Fat	1g	7%
Cholesterol	8mg	3%
Sodium	43mg	2%
Total Carbohydrates	20g	7%
Dietary Fiber	2g	10%
Protein	5g	
Vitamin A		7%
Vitamin C		11%
Calcium		7%
Iron		3%

* Percent Daily Values are based on a 2000 calorie diet.