

- » 2 tsp olive oil
- » 1 cup onion, chopped
- » 1 cup celery, chopped
- » 1/3 cup red bell pepper, chopped
- » 1/2 cup carrots, chopped
- » 3 cups red potatoes, peeled and chopped
- » 1 cup frozen whole-kernel corn
- » 4 chicken bouillon cubes
- » 4 cups boiling water
- » 1/2 tsp salt
- » 1/2 tsp dill
- » 1/4 tsp marjoram
- » 1/8 tsp white pepper

- » 1 lb fresh, skinless salmon fillets
- » 2 tbsp cornstarch
- » 2 cups 1% fat milk



Nutritional Content

Per Serving

Calories	371 cal	Cholesterol	64mg
Protein	31g	Sodium	1352mg
Carbohydrate	40g	Calories from Fat	20%
Fat	8g	Fiber	4g
Saturated Fat	2g		

Using a large saucepan over medium-high heat, add olive oil, onion, celery, and red bell peppers. Cook 2 to 3 minutes until vegetables are tender. Add carrots, potatoes, corn, bouillon cubes, boiling water, salt, dill, marjoram, and white pepper. Cook covered over medium-low heat, about 10 minutes or until potatoes are tender. Meanwhile, rinse salmon fillets. In a large saucepan, bring to a boil an adequate amount of water to cover salmon for poaching. Add salmon. When the water begins to boil again, reduce heat. Simmer covered for 6 to 8 minutes or until salmon flakes easily. Remove from pan; discard poaching water. Flake salmon into small pieces. Set aside. Stir together cornstarch with milk and add to cooked potato mixture. Cook and stir over medium heat until thickened, about 3 to 4 minutes. Stir in poached salmon. Heat chowder thoroughly. Makes 4 servings of 2 1/2 cups each.

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