

Recipe Category: Hot Main Dish

Vegetable and Fish Chowder

Yield: 2 servings, about 1 1/2 cups each

1 small potato, to yield about 1/2 cup cubed

1 cup coarsely chopped green cabbage

1/3 cup frozen peas or sweet corn kernels

3 ounces canned salmon or light tuna canned in water, drained well

1/4 cup chopped onion or celery

1 clove of garlic, minced

1 teaspoon vegetable cooking oil

1 tablespoon all-purpose white flour

3/4 cup skim milk

1/8 teaspoon ground black pepper

1/8 teaspoon ground paprika

1 teaspoon dried parsley leaves or chives

3 tablespoons shredded cheese, such as colby or cheddar

- 1. Wash your hands and work area.
- 2. Pierce potato several times with a sharp knife. Microwave on high power for 4 minutes, or until soft. Set aside until cool enough to handle. Cut potato into approximately half-inch cubes.
- 3. Meanwhile, in a microwave-safe dish, combine shredded cabbage with peas or corn and 1/4 cup water. Cover and microwave on high power for 2 minutes. When done, do not drain. Set aside.
- 4. If using salmon, crush bones well. Using a fork, break all chunks into small "flakes" of salmon or tuna.

(continued on reverse side)



Meal suggestion:

Serve with whole grain bread or rolls and berries with yogurt.

This healthy hot main dish is an excellent source of vitamin C, calcium and vitamin A, and a good source of dietary fiber and iron.

Nutrition Facts

Serving Size about 1 1/2 cups (304g) Servings Per Container 2

Amount Per Serving					
Calories 270	Calories	from Fat 70			
		% Daily Value*			
Total Fat 8g		12 %			
Saturated Fat 3g		15%			
Trans Fat 0g					
Cholesterol 45mg		15%			
Sodium 310mg		13%			
Total Carbohydrate 31g		10%			
Dietary Fiber	4g	16%			
Sugars 8g					
Protein 20g					

Protein 20g Vitamin A 20%

Calcium 35% • Iron 15%				
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower				
depending on your calorie needs:				

Vitamin C 45%

depending on yo	Calories:	2.000	2.500		
Total Fat Saturated Fat	Less than Less than	65g 20g	80g 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					

2 carbohydrate choices per serving.

For more information about healthy eating, contact your local extension office or log on to www.ksre.ksu.edu/humannutrition/. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "VYP Recipe Series," Jan. 2009. This material was funded by USDA's Supplemental Nutrition Assistance Program. Kansas State University is an

equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating

Vegetable and Fish Chowder (Continued)

- 5. Spray a saucepan with non-stick cooking spray. Cook onions or celery, and garlic, over medium heat until softened, about 3 minutes. Transfer to a plate and set aside.
- 6. In the same pan, heat oil over low heat. Add flour, stirring until smooth and thick. Cook one minute, stirring constantly.
- 7. Increase heat to medium, and add a small amount of skim milk at a time to the flour mixture, stirring constantly. Cook and stir until mixture thickens and bubbles.
- 8. Reduce heat and add remaining ingredients except the cheese. Cover and cook over low heat until thoroughly heated, stirring frequently. Do not boil. Soup will thicken as it cooks. If soup is too thick, stir in a little more milk.
- 9. Just before serving, add cheese and stir until melted. Serve immediately.
- 10. Cover and refrigerate leftovers within two hours.