

Corn and Fish Chowder Makes 4 servings

2 T unsalted butter
1 cup onion, finely chopped
1/2 cup celery, 1/4" dice
1/2 cup carrot, 1/4" dice
2 t Mrs. Dash onion and herb spice mix
1/2 t salt
2 cups potato, peeled, 1/2 inch dice
4 cups milk
2 cups corn kernels
3/4 lb. cod, boneless, skinless, chopped bite-sized
2 T cornstarch
2 T water



Melt butter in a pot then add onion and cook covered on medium-high heat for 1 minute or until onions are translucent. Add celery, carrot, Mrs. Dash, salt, and potatoes and continue to cook covered for 5 minutes, stirring every minute. Add milk and corn, cover and stir every minutes until soup comes to a boil. Add cod and continue to cook without cover for an additional 5 minutes. Taste a potato to ensure they are cooked to taste. Taste and add salt or pepper as desired. In a small cup dissolve cornstarch in water. Add mixture to soup, stir, bring soup to a boil until soup thickens slightly. Serve.

Nutrition information: 350 calories, 8g fat, 26g protein, 46g carbohydrate, 550mg sodium, 3g dietary fiber. Excellent source of vitamins A and C, and Calcium.

