

Skillet Corn Chowder

This recipe is a good source of calcium, which keeps bones and teeth strong.

Ingredients:

- 2 teaspoons vegetable oil
- 1/2 small onion
- 1 (15-ounce) can cream style corn
- 2/3 cup non fat dry milk
- 2 cups water
- 1/2 teaspoon salt
- 1/2 cup grated cheddar cheese

Directions:

1. In a large skillet over medium-high heat fry onion in oil until transparent.
2. Add corn, dry milk, water, and salt.
3. Heat until just bubbly.
4. Stir in cheese and serve as soon as melted.

Nutrition Facts

Serving Size 1 cup (267g)
Servings Per Container 4

Amount Per Serving	
Calories 210	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 810mg	34%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Sugars 16g	

Protein 10g

Vitamin A 6% • Vitamin C 8%

Calcium 25% • Iron 2%

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

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

4 servings, 1 cup each

Bright Ideas:

- Substitute 2 cups of low fat milk for the water and powder.
- Serve with bread and a side salad for a complete meal.

Source: Oregon State University Extension Service, Multnomah County. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>