

Corn Chowder

Corn makes a sweet and satisfying soup. The potatoes help to thicken the broth without adding any fat. Top it off with low-fat cream cheese to give this soup it's sinful texture that is so rich and thick, they won't believe it's not made with heavy cream. Use the flour for a thick heavy soup or skip it if you want a lighter texture.

Serves 4-6

Ingredients

1 tablespoon olive oil
1 small white onion, chopped
5 slices turkey bacon, chopped
1 tablespoon flour
1/4 teaspoon cayenne pepper or paprika
2 large baking potatoes (about 1 1/2 pounds, peeled and cubed)
2 cups fresh corn kernels or frozen kernels defrosted under hot running water for 30 seconds
32 ounces (4 cups) fat free, low-sodium chicken broth
1 cup non-fat, skim milk
4 ounces reduced-fat cream cheese
1/4 -1/2 teaspoon salt
1/4 teaspoon ground pepper
1/2 cup chopped chives

Directions

Heat a large stock pot over medium-high heat. Add the oil. When the oil is hot, add the onions and bacon. Cook 5-6 minutes until the onions begin to soften but do not brown. Add the flour and cayenne or paprika if using. Cook an additional 2-3 minutes stirring continuously until the flour coats the onion and starts to stick to the bottom of the pan without browning. Decrease heat if necessary.

Add the potatoes, half the corn, and the stock. Bring to a boil. Cover and simmer 15-20 minutes until the potatoes are tender. Add the cream cheese and skim milk. Blend until smooth with a stick blender or blend in a food processor. Stir in remaining corn and season with additional salt and pepper to taste. Sprinkle with chives and serve immediately.

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SkinnyChef.com and Skinny Chef Culinary Ventures were founded in 2003 by Jennifer Iserloh. As a private chef, Jennifer developed hundreds of nutrition-packed dishes for everyone from celebrities to gastric bypass patients. How can America stay healthy and fit, while nourishing their passion for food? Find out on SkinnyChef.com, along with brand-new recipes.

Make It a Meal

Serve with Buttermilk Biscuits, Tuna Salad or Chicken Salad.

Wine Pairing

Chardonnay, Pinot Blanc

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