



## Corn and Ham Chowder

Serves 4; 1 ¼ cups per serving

### INGREDIENTS

Vegetable oil spray

1 teaspoon canola oil

½ cup chopped onion

1 small rib of celery, chopped

2 tablespoons imitation bacon bits

2 cups low-fat, low sodium chicken broth

15 ounce can no-salt-added cream style corn, undrained

1 cup frozen whole kernel corn or kernels from 1 large ear of grilled corn

3 ounces low-fat, lower-sodium ham, diced (about ½ cup)

1/8 teaspoon salt

¼ teaspoon pepper (white preferred)

½ cup fat-free half-and-half

¼ cup all-purpose flour



### COOKING INSTRUCTIONS

Heat a medium saucepan over medium heat. Remove from the heat and lightly coat with vegetable oil spray (being careful not to spray near a gas flame). Pour in the oil and swirl to coat the bottom. Cook the onion and celery for 2 to 3 minutes, or until the onion is tender, stirring occasionally.

Stir in the bacon bits. Cook for 1 minute, or until they are slightly rehydrated.

Stir in the broth, undrained cream-style corn, whole kernel corn, ham, salt, and pepper. Increase the heat to medium high and bring to a simmer. Reduce the heat and simmer, covered, for 6 to 8 minutes, or until the flavors have blended, stirring occasionally.

In a medium bowl, whisk together the half-and-half and flour. Whisk into the corn mixture. Simmer, uncovered, for 3 to 4 minutes, or until the mixture has thickened and the flour doesn't taste raw.



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