



BeFit

Be Fit. Eat Healthy. It's your choice.

Be Fit Basics: Chicken Corn Chowder

Adapted from Cooking Light

- 1 tbsp olive oil
- 1 pound raw chicken breasts
- 1 tbsp butter
- ¾ cup celery, chopped
- 1 small onion, chopped
- 2 (16 oz each) packages of frozen corn, thawed
- 2 cups milk (low fat or skim), divided
- ½ tsp salt
- ¼ tsp black pepper
- ¾ cup extra-sharp cheddar cheese, shredded

Instructions:

Heat a large sauté pan and add olive oil to pan; cook chicken about 5-7 minutes per side or until the inside of the breasts reach 165 degrees. Remove chicken from pan and let rest 5-10 minutes.

Meanwhile, in a large saucepan or pot, melt butter and add celery, onion, and 1 package of corn; sauté for about 5 minutes. Place remaining package of corn and 1 cup of milk in a blender and process until smooth. Add the pureed corn to the pan with sautéed corn; add remaining milk, salt, black pepper, and cheese and cook over medium heat until the cheese melts. Shred the cooked chicken with your hands (alternatively, you could cut it into chunks) and add to the soup.

Note:

-You can defrost the corn in the refrigerator or by running it under cold water.

Yield: About 6-1 cup servings



NUTRITION INFORMATION PER SERVING:

CALORIES: 255 calories	PROTEIN: 24 g	SODIUM: 415 mg
	CARBOHYDRATE: 15 g	FIBER: 1.5 g
	FAT: 11 g	Sat Fat: 5 g

MAKE IT A MEAL:

- Protein and starch:** 1 cup of chowder
- Starch:** 1 whole wheat roll (90 calories)
- Vegetable:** about 15 baby carrots (50 calories)
- Fruit:** 2 large slices of cantaloupe (50 calories)

GROCERY SHOPPING LIST

- Chicken
- Butter
- Milk (low fat or skim)
- Extra-sharp cheddar cheese
- Celery, onion, baby carrots, cantaloupe
- Frozen corn
- Whole wheat rolls
- Condiments:* olive oil; salt; pepper

USE OF LEFTOVERS

- Freeze chowder leftovers in individual glass or plastic containers to use as single-serving portions for a quick meal. The chowder may separate slightly after reheating, due to the milk and cheese, but it is still okay to eat.