



BeFit

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

Be Fit Basics: Clam Chowder

Adapted from Cooking Light

2 bacon slices
2 small onions, chopped
1¼ cup chopped celery
¼ tsp kosher salt
½ tsp dried thyme
2 garlic cloves, minced
6 (6½ ounce) cans of chopped clam
5 cups diced potato
32 ounces bottled clam juice
1 bay leaf
3 cups low fat milk
½ cup all-purpose flour

Instructions:

Cook bacon in a large saucepan or Dutch oven on medium heat until crisp. Remove bacon and set aside. Add onion, celery, salt, and thyme to pan and cook for 2-3 minutes; add garlic and cook until vegetables are tender, 1-2 minutes more.

Drain clams and reserve liquid; add liquid, potatoes, clam juice, and bay leaf to the pan and bring the mixture to a boil. Reduce heat and then simmer until the potatoes are tender, about 15 minutes. Discard bay leaf.

Combine milk and flour, stirring with a whisk until smooth. Add flour mixture to the pan and bring to a boil. Cook for 10-15 minutes more, or until the mixture thickens slightly; stirring occasionally. Add clams. Crumble bacon and divide among soup bowls.

Yield: Serves 6



NUTRITION INFORMATION PER SERVING (2 cup serving):

CALORIES: 345 calories	PROTEIN: 20 g	SODIUM: 675 mg
	CARBOHYDRATE: 40 g	FIBER: 4 g
	FAT: 9 g	Sat Fat: 2 g

MAKE IT A MEAL:

Entree: 1 serving clam chowder

Starch: 1 whole wheat pita (140 calories)

Vegetable: ½ cup mixed vegetables (60 calories)

GROCERY SHOPPING LIST

Bacon
Onions
Garlic
Celery
Potatoes
Mixed vegetables (frozen)
Clam juice
Canned clams
Low fat milk
Whole wheat pita

Pantry ingredients: dried thyme; kosher salt; bay leaf; all purpose flour