

CHICKEN CORN CHOWDER

Adapted from Cooking Light

Ingredients

- 1 tablespoon olive oil
- 1 pound raw chicken breasts
- 1 tablespoon butter
- $\frac{3}{4}$ cup chopped celery
- 1 small onion, chopped
- 2 (16 ounce) packages of frozen corn
- 2 cups milk (low fat or skim), divided
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{3}{4}$ cup shredded extra sharp cheddar cheese

Instructions

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

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 and add to the soup.

Yield: 6 servings

NUTRITION FACTS PER SERVING

CALORIES: 260

PROTEIN: 24 grams

SODIUM: 420 milligrams

CARBOHYDRATE: 15 grams

FIBER: 2 grams

FAT: 11 grams

SATURATED FAT: 5 grams