



# CORN AND BACON CHOWDER

February 24, 2010

*To capture the freshness of yellow jewel-like corn without the fuss of shucking ears or cutting kernels off the cob, use packages of frozen baby gold and white corn. This chowder is so wonderfully sweet with the frozen corn that our taste testers gave it our highest rating.*

*Prep: 2 minutes; Cook: 14 minutes*

2 bacon slices  
½ cup refrigerated prechopped celery, onion, and bell pepper mix  
2 (16-ounce) packages frozen baby gold and white corn, thawed and divided  
2 cups 1% low-fat milk, divided  
½ teaspoon salt  
¼ teaspoon freshly ground black pepper  
¾ cup (3 ounces) reduced-fat shredded extra-sharp cheddar cheese (such as Cracker Barrel)  
Freshly ground black pepper (optional)

1. Cook bacon in a Dutch oven over medium heat until crisp. Remove bacon from pan; crumble and set aside. Add celery mixture and 1 package corn to drippings in pan; sauté 5 minutes or until vegetables are tender.
2. Place remaining 1 package corn and 1 cup milk in blender, and process until smooth. Add pureed mixture to vegetables in pan; stir in remaining 1 cup milk, salt, black pepper, and cheese. Cook over medium heat (do not boil), stirring constantly, until cheese melts. Ladle chowder into bowls. Top each serving evenly with reserved crumbled bacon. Sprinkle with additional black pepper, if desired.

**Yield: 6 servings (serving size: about 1 cup)**

## **Nutrition Information**

**Calories 215 (24% from fat); FAT 6g (sat 3.1g, mono 1g, poly 0.6g); IRON 0.8g; CHOLESTEROL 15mg; CALCIUM 208mg; CARBOHYDRATE 33.6g; SODIUM 402mg; PROTEIN 10.8g; FIBER 3.8g**

***Oxmoor House, APRIL 2009***



## **CHRONIC DISEASE HEALTH PROMOTION AND EDUCATION PROGRAM**

**Providing guidance and support to make the “healthy choice the easy choice.”**

Mary Beth Gurganus, LD/N  
Jackson County Health Department  
3045 4th Street ~P O Box 310  
Marianna, FL 32446

Phone: 850-526-2412 ext 282  
Fax: 850-482-9564  
E-mail: [WellnessBuddy@doh.state.fl.us](mailto:WellnessBuddy@doh.state.fl.us)  
Website: [www.jacksonchd.org](http://www.jacksonchd.org)

