

Microwave Potato Corn Chowder

6 servings

What you need:

- 1/4 cup margarine
- 1/4 cup all-purpose flour
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 cups skim milk
- 2 peeled and diced potatoes
- 1 can (16 ounce) corn – drained



All you do:

1. Melt margarine in glass bowl on HIGH for 30 to 50 seconds.
2. Stir in flour, salt and pepper until smooth.
3. Blend milk into flour-margarine mixture.
4. Cook on HIGH for 6 to 8 minutes, until thickened, stirring well each minute. Set aside.
5. In a separate microwave safe bowl, cook 2 potatoes in 1 cup water. When potatoes are done add potatoes and cooking water to white sauce.
6. Stir in 1-16 ounce can of corn. Cook 2 to 3 minutes or until steaming hot.

Note: Shredded cheese, crumbled bacon, chopped ham or onion may be added. Add clams for clam chowder.

Nutrition Facts: Calories 250, Total fat, 8 grams, Cholesterol 0 mg, Sodium 380 mg, Total Carbohydrate 39 grams, Dietary Fiber 3 grams, Protein 7 grams