

CHICKEN-CORN CHOWDER OLE[®] (Tuesday)

Makes about 9 1/2 cups

Preparation time: 15 minutes

Cooking time: less than 25 minutes



1 teaspoon butter or margarine	with liquid
1 small chopped onion	2 (14 3/4-ounce) cans cream-style corn
2 pounds red potatoes cut into 1/2-inch dice	1 (4- or 4.5-ounce) can chopped green chilies with liquid
2 cloves minced garlic	1/2 teaspoon hot sauce
2 cups fat-free half-and-half or 2 percent milk	1/4 teaspoon salt
1 cup shredded Monterey Jack cheese	1 teaspoon cumin
2 (10- to 12-ounce) cans chicken breast	2 tablespoons chopped fresh cilantro

Combine butter or margarine, onion, potatoes and garlic and microwave on high (100 percent power) 6 minutes or until softened. Spoon into a Dutch oven and add half-and-half or milk, cheese, chicken with liquid, corn, chilies with liquid, hot sauce, salt and cumin and heat on low, stirring often, 15 minutes. Stir in cilantro and serve immediately.

Per cup: 317 calories, 24 grams protein, 9 grams fat (24 percent calories from fat), 3.9 grams saturated fat, 41 grams carbohydrate, 49 milligrams cholesterol, 778 milligrams sodium, 4 grams fiber.