



BeFit

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

Be Fit Basics: Summery Corn Chowder

Adapted from [Pinch of Yum](#)

2 tablespoons olive oil
2 cloves garlic, minced
2 to 3 shallots, diced
3 cups diced red potatoes
1 large zucchini, diced
3 cups sweet corn kernels
1 large poblano pepper
1 teaspoon salt
3 cups vegetable broth
1 cup skim (non-fat) milk

Instructions:

Heat the olive oil in a large pot over medium high heat. Add the garlic, shallots, potatoes, zucchini, corn, and pepper and sauté until tender; stir in the salt.

Add the broth and simmer until potatoes are soft. Transfer 3 cups of the soup to a blender; add the milk and blend until smooth. Add the blended mixture into the pot and stir to combine with remaining soup.

Yield: 6 servings



NUTRITION INFORMATION PER SERVING:

CALORIES: 200 calories

PROTEIN: 7 g

SODIUM: 700 mg

CARBOHYDRATE: 35 g

FIBER: 5 g

FAT: 6 g

Sat Fat: 1 g

QUICK TIPS:

- Using bone broth (like Pacific Foods brand) in place of vegetable broth will almost double the protein content per serving.
- Add a nutty flavor with hemp hearts. Topping the chowder with a 3 tablespoon portion provides nearly 10 grams of omega-6 and omega-3 fatty acids, plus additional protein and fiber.
- For a peppery taste (and to increase your vegetable intake), mix in a handful of arugula before serving.