



Corn Chowder

1 tablespoon extra-virgin olive oil
1 tablespoon butter, unsalted preferred
1 large onion, minced
3 cups thawed frozen corn or corn kernels scraped from the cob (about 6 medium ears)
2 medium-sized russet baking potatoes (about 1 pound), diced
3 cups skim milk
Pinch of black pepper
¼ to ½ teaspoon salt, optional
¼ cup dry-roasted, shelled pumpkin seeds, optional
2 fresh Anaheim or poblano chiles, optional

Roast chiles under a broiler or over a hot grill or gas flame (using a long-handled fork) until blistered and nearly black. Place in a glass bowl with plate on top to steam. If you have sensitive skin, you may want to wear gloves when handling the peppers. When cool enough to handle, remove from bowl and peel off blistered skin – it should come off easily. Remove seeds and chop. Set aside.

Heat oil and butter in large saucepan over medium heat. Stir in onion and cook until tender, about five minutes. In a blender, puree one cup of corn with one cup of milk. Pour into pan along with remaining corn and milk, potato, salt, and pepper.

Reduce heat to medium-low and cook 15-20 minutes, or until potato is tender. Do not allow soup to boil. Ladle into bowls and top with the chopped roasted chiles and pumpkin seeds.

Serves 8. *Per serving: (with ¼ tsp. salt and without toppings) 146 calories, 3.5 grams fat, 25 grams carbohydrates, 125 mg sodium, 6 grams cholesterol, 2 grams fiber; (with ¼ tsp. salt and toppings) 170 calories, 5.3 grams fat, 27 grams carbohydrates, 125 mg sodium, 6 mg cholesterol, 3 grams fiber.*

Adapted from *Vegetarian Times* magazine.

Thanks to long time Heart Path participant, Etta Seker, for submitting this recipe. She altered this recipe to make it considerably more heart healthy. With the cooler weather upon us, a warm bowl of soup is the perfect comfort food. Enjoy!

Your partners in health,
Candace and Lucy