

## **CALORIE CONTROL RECIPES**

### **LUNCH**

#### **Corn Chowder – serves 4**

1 cup sliced leak or onion  
1 cup sliced carrot  
1 small potato, cubed  
1 cup chicken broth, fat skimmed off  
3 cup skim milk  
1 cup frozen whole kernal corn  
2 Tblsp chopped parsley  
salt and pepper to taste

In a medium saucepan, combine leak, carrot and potato with chicken broth. Cover and simmer for 10 minutes or until vegetables are tender. Puree, then add milk and corn. Heat without boiling, until hot. Season to taste with salt and freshly ground pepper, and serve, sprinkled with chopped parsley.