

Whitefish Chowder

(Makes 4 servings)

This fish chowder is so interestingly rich in flavor, that it's a feast in itself. Chowder stores well in the refrigerator for about 5 days tightly covered.

Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 medium yellow onion, chopped
- 3 cloves garlic, minced
- 2 cups celery, chopped
- 1 pound potatoes, scrubbed with skin on and cut into small chunks
- 4 carrots, peeled and sliced
- 1 pound cod
- 1 tablespoon beef bouillon, 33% reduced sodium
- 1 tablespoon beef bouillon, very low sodium
- 1 tablespoon crushed thyme
- ½ teaspoon black pepper
- 2 teaspoons garlic powder
- 1 cup fat free sour cream
- 1 cup skim milk
- 5 tablespoons all purpose flour
- 1 cup chopped fresh parsley
- 2 tablespoons lemon juice

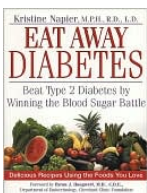
Directions:

- 1) Heat measured oil in large non-stick kettle over low heat with chopped onion and minced garlic.
- 2) Sauté 5 full minutes, allowing flavors to release into oil.
- 3) Add celery, potatoes, carrots, cod, both types of bouillon, thyme, pepper, and garlic powder, along with 2 to 3 cups water, just enough to cover the vegetables and fish.
- 4) Stir all well (it's okay if fish breaks up, as it will during cooking), cover and simmer for 30 to 40 minutes, until all vegetables are fork tender.
- 5) Blender in sour cream; stir well.
- 6) In a small bowl, blend milk with flour to make a smooth, lump-free paste. Stir milk/flour paste into chowder, stirring for about 3 to 5 minutes, until mixture thickens.
- 7) Stir in fresh parsley and lemon juice; serve.

Nutritional Analysis:

- Calories: 422 (18% calories from fat)
- Protein: 32 g
- Carbohydrates: 57 g
- Fiber: 7.3 g
- Fat: 8.9 g
- Saturated Fat: 1.7 g
- Cholesterol: 56 mg
- Potassium: 1897 mg
- Sodium: 917 mg
- Omega 3 Fatty Acids: 0.3 g

Source:



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This cookbook is available in bookstores or online from BN.com or Amazon.com.