Chicken Corn Chowder
Makes 8 – 1 cup servings

Ingredients:
2 tablespoons olive oil
1½ pounds boneless, skinless chicken breast, cut into ½ inch cubes (or leftover chicken)
1 medium onion (chopped)
2 stalks celery (chopped)
2 large carrots (chopped)
2 cups frozen corn
2 cans (16 ounce), low-sodium cream of potato soup
1½ cups chicken broth
½ cup low-fat (or nonfat) milk
Pinch of salt and pepper

Directions:
1. Heat the oil in a large skillet. Brown the chicken. Transfer chicken to a slow cooker.
2. Add onions and celery to skillet and sauté for about 3 to 4 minutes, until just tender. Add the onions, celery, carrots, corn, soup, chicken broth, salt and pepper to the slow cooker.
3. Cover and cook on low 5 to 6 hours or until chicken is done and vegetables are tender. During the last 10 minutes, stir in the milk.

Source: Healthy Cents curriculum by the University of Maryland

Nutrition Facts
8 servings per container
Serving size 1 cup (338g)

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>1 cup (338g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>260</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>10g</td>
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<tr>
<td>% Daily Value*</td>
<td>13%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2g</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>10%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>65mg</td>
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<tr>
<td>% Daily Value*</td>
<td>22%</td>
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<tr>
<td>Sodium</td>
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<tr>
<td>% Daily Value*</td>
<td>18%</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
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<tr>
<td>Dietary Fiber</td>
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<tr>
<td>% Daily Value*</td>
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<tr>
<td>Total Sugars</td>
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<tr>
<td>Includes 0g Added Sugars</td>
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<tr>
<td>Protein</td>
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</tbody>
</table>

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

35% calories from fat

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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