

Low Fat Clam Chowder



Recipe Courtesy Chef Bryan Woolley

- 1 large onion minced
- 1 cup finely chopped celery
- 1 cup finely chopped carrot
- 2 russet potatoes, diced, unrinsed
- 12 ounces clams, chopped
- 4 cups skim milk
- 1 cup fat free chicken stock
- ¼ cup flour
- Extra Virgin Olive Oil
- Salt and Pepper to taste

1. Heat a heavy bottomed pan and add about 2 tbsps of extra virgin olive oil to the pan.
2. Add the onion, celery, carrot, and potatoes. Sauté for about 5 minutes. Add clams and clam juice and sauté for another 2 minutes.
3. Add three cups of milk and the chicken broth. Bring to a boil and reduce heat to a simmer. Allow to simmer for about 15 minutes. Stir frequently to prevent the milk from burning.
4. Mix the flour and 1 cup of reserved milk together. Pour into clam chowder and stir. Allow to boil/simmer for an additional 5 minutes stirring constantly.
5. Salt and pepper to taste. Serve and Enjoy

Serves 6

Nutrition Facts

Serving Size: 1/6 recipe

Calories	260
Total Fat	4g
Saturated Fat	1g
Cholesterol	41mg
Sodium	520mg
Carbohydrate	33g
Dietary Fiber	3g
Protein	23g

Diabetic Exchanges

Protein	3
Fat	1
Carbohydrate	2

[Click to create your online shopping list at](#)

