

Ham and Vegetable Chowder

This recipe is an excellent source of vitamin C, which keeps gums and blood vessels healthy.

Ingredients:

- 1 tablespoon **vegetable oil**
- 1 small **onion**, chopped
- 1/2 head **cabbage**, chopped (3-4 cups)
- 1 large **potato**, peeled and diced
- 2 cans (14 1/2-ounce) low-sodium, fat-free **chicken broth**
- 2 cans (15-ounce) **cream-style corn**
- 1 cup chopped **lean (8% fat) ham**
- 1/2 teaspoon black **pepper**
- 1/2 cup cheddar **cheese**, grated

Directions:

1. Heat oil in large pot. Sauté onion, cabbage, and potato over medium heat, stirring often, until soft, about 10 minutes.
2. Add chicken broth, corn, ham, and pepper.
3. Cover and simmer until potato is tender, about 10 minutes.
4. Serve hot, sprinkled with cheese.
5. Refrigerate leftovers within 2-3 hours.

Tips:

- Leave skin on potato for added nutrients and fiber.

Nutrition Facts	
Serving Size 1 Cup (254g)	
Servings Per Container 10	
Amount Per Serving	
Calories 140	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 640mg	27%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 7g	
Vitamin A 2%	• Vitamin C 25%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

10 servings, 1 cup each

Source: 2001. Adapted from A Year of Nutrition & Health calendar by Janice Smiley, OSU Extension Service, Washington County. For more recipes and other resources on eating well for less, visit the OSU web site at <http://healthyrecipes.oregonstate.edu>.