

# **Pumpkin and Corn Chowder**

Serving Size: 1/8 of recipe

Serves: 8

## **Ingredients**

2 tablespoons olive oil  
½ cup leeks, sliced ⅛ inch  
½ cup carrots, diced  
1 clove garlic, minced  
3 cups fresh pumpkin, peeled and diced  
3 cups low sodium vegetable broth  
1 cup frozen corn, thawed  
1 medium potato, diced  
1/4 cup fresh parsley, chopped  
pinch salt  
pinch cayenne pepper  
pinch of ground cloves  
½ cup fat free half and half

## **Directions**

1. Heat the oil in a large pot and sauté the leeks, carrots, garlic and pumpkin until the pumpkin is soft.
2. Add the broth, corn and potatoes and bring the mixture to a boil.
3. Add the parsley and seasonings. Cover the pot, reduce heat to low, and simmer for 25-30 minutes or until the potato is just tender.
4. In a separate bowl, add a tablespoon of the hot liquid from the pot to the half and half while stirring. Gradually add more of the hot liquid to the half and half mixture while stirring being careful not to curdle the half and half.
5. Add the half and half mixture back to the pot and taste. Adjust seasonings as desired.

## **Exchanges per serving:**

1 Starch, 1 Vegetable, 1 Fat

## **Nutrients per serving:**

Calories: 118

Calories from fat: 35

Total Fat: 4g

Cholesterol: 1mg

Sodium: 97mg

Total Carbohydrate: 20g

Dietary Fiber: 2g

Protein: 3g