

Jenny's Corn Chowder

If you're lucky enough to find freshly picked sweet summer corn you'll swear you could have this soup for dessert. Use your sharpest knife to cut the corn off the cob or it will go flying all over the place! Then use the dull side of the knife to scrape down all the juicy stuff you missed with the blade. Keep in mind that as tasty as white corn is, yellow corn has more health-building carotenoids.

1 Tablespoon olive oil
1 cup diced onion
1/2 cup diced celery
1/4 teaspoon dried thyme leaves
1 cup diced red pepper

1 1/2 cups water or chicken stock
2 cups fresh yellow corn (3 or 4 ears)
1 cup diced potatoes, about 1/4 inch thick
1 bay leaf

1/2 cup 1% milk
2 teaspoons flour
1/4 teaspoon salt
pepper to taste

1. Heat oil in a medium soup pot over medium heat. Add onion, celery and thyme. Cook and stir for 2 minutes.
2. Add red pepper and cook & stir another 2 minutes
3. Add water or stock, corn, potatoes and bay leaf. Bring to a boil, cover and reduce heat. Simmer for 10 minutes.
4. In a measuring cup whisk together the milk and flour until smooth and add to the pot with salt and pepper. Cover and cook another 5 minutes.

*makes 4 servings