

Yellow Zucchini and Corn Chowder 😊

Enjoy a low-calorie soup by making this satisfying chowder. Top with cheese and bacon for kid appeal.

Yield:

4 servings

Ingredients

2 slices applewood-smoked bacon
3/4 cup sliced green onions, divided
1/4 cup chopped celery
1 pound yellow (zucchini), chopped
1 pound frozen white and yellow baby corn kernels, thawed and divided
2 1/4 cups 1% low-fat milk, divided
1 teaspoon chopped fresh thyme
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/8 teaspoon salt
1/4 cup (1 ounce) shredded extra-sharp cheddar cheese

Preparation

1. Cook bacon in a large Dutch oven over medium-high heat until crisp. Remove bacon from pan, reserving 2 teaspoons drippings in pan. Crumble bacon, and set aside. Add 1/2 cup onions, celery, and squash to drippings in pan; sauté 8 minutes or until vegetables are tender.
2. Reserve 1 cup corn; set aside. Place the remaining corn and 1 cup milk in a blender; process until smooth. Add remaining 1 1/4 cups milk, thyme, 1/2 teaspoon salt, and pepper to blender; process just until combined. Add pureed mixture and reserved 1 cup corn to pan. Reduce heat to medium; cook 5 minutes or until thoroughly heated, stirring constantly. Stir in 1/8 teaspoon salt. Ladle about 1 1/2 cups soup into each of 4 bowls; top each serving with about 1 tablespoon bacon, 1 tablespoon remaining onions, and 1 tablespoon cheese.

Enjoy! 😊