

NEW ENGLAND CLAM CHOWDER

Source: Seafood - A Collection of Heart-Healthy Recipes (J. Harsila & E. Hansen)

INGREDIENTS:

1 onion, chopped
3 stalks celery, chopped
4 medium-sized potatoes, cubed
4 carrots, sliced
1 lb clams, minced
1 1/2 tsp Italian seasoning
1 13 oz can evaporated skim milk
1 TBS poly-unsaturated margarine

DIRECTIONS:

Put onions, celery, potatoes, carrots, clams & spices in 3-qt saucepan. Add water to barely cover ingredients. Cover/cook over medium heat till potatoes are tender - add milk & margarine - simmer. Heat thoroughly (do NOT boil). Serve with roll & salad.

Variation: Manhattan Clam Chowder: substitute 1 28 oz can of mashed whole tomatoes for milk.

Makes 4 servings

[per serving: 280 calories; 4.6 g fat; 220 mg sodium; 45 mg cholesterol]