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from *Cooking Light*

Summer Squash and Corn Chowder

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Enjoy soup in the summertime by making this satisfying chowder with the season's produce. Top with cheese and bacon for kid appeal.

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Photo: John Autry; Styling: Mindi Shapiro

YIELD: 4 servings
TOTAL: 40 MINUTES
COURSE: Soups/Stews

Ingredients

- 2 slices applewood-smoked bacon
- 3/4 cup sliced green onions, divided
- 1/4 cup chopped celery
- 1 pound yellow summer squash, 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

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Preparation

- 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.
- 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.

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Nutritional Information

Amount per serving

Calories: 285

Fat: 9.4g

Saturated fat: 3.9g

Monounsaturated fat: 3.4g

Polyunsaturated fat: 1.2g

Protein: 13.3g

Carbohydrate: 37.8g

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Fiber: 5.4g
Cholesterol: 20mg
Iron: 1.3mg
Sodium: 605mg
Calcium: 260mg

Kathryn Conrad, *Cooking Light*
AUGUST 2010

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Ratings and Reviews (48)

★★★★☆ *Worthy of a special occasion*

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sciencegirl

Posted: 12/03/10

Fantastic! I substituted butternut squash for summer squash, which required a longer sautee (about 20 minutes), but the flavors were great. I skipped the



Outstanding

cheese, and also made twice as much bacon as the recipe called for. We made bruschetta with this, and it was a great winter meal!

smarteats

Posted: 10/13/10



Outstanding

Delicious! I made this ahead of time, refrigerated and reheated, and served with a loaf of fresh bread. I love that virtually all the ingredients are staples in my house - I'll try diced carrots when zucchini is out of season.

kabrobinson

Posted: 10/12/10



Good, solid recipe

So easy and tasty! We also added chicken (cubed and sauteed with the squash) which worked really nicely.

megan74

Posted: 09/23/10



Outstanding

I just made and have finished eating this excellent recipe. My husband and I loved it. It was so easy. I feared it wouldn't be rich and thick enough. It was perfect. I will make this many more times.

Hollypop

Posted: 09/13/10



Worthy of a special occasion

This recipe was good. I took the advice of another reviewer and added potatoes to the saute. I also added cayenne pepper as well. Would definitely make again.

elliesfolks

Posted: 09/10/10



Outstanding

So delicious! The fresh flavors are great--the corn and squash are great together. My husband adored this chowder and insists it goes into our regularly used recipes.

Janellemc

Posted: 09/10/10



Has potential

My husband and I didn't really care for this. I was disappointed considering that the reviews were so good. The squash had a very prominent flavor and in our opinion, didn't go well with the other flavors. Probably won't make this again.

2BPaulaB

Posted: 09/07/10



Good, solid recipe

Given all the high reviews, this fell short of my expectations. It was a good use of left over grilled corn. It was a little bland-needs more than salt and pepper for seasoning. I'll keep the recipe on hand but would not serve this to guests.

monkeyb22

Posted: 09/07/10



Worthy of a special occasion

Very delicious. I used a mix of skim and half & half since I didn't have 1%, and it still came out rich and creamy. I loved the base of the corn, and a pinch of cayenne pepper was the perfect addition.

coloradojenn

Posted: 09/02/10



Outstanding

I absolutely loved this low fat, low cal chowder. It was so delicious. Hot, warm and even cool it was so good. Loved it and I am making it again this weekend with all the yellow squash from my garden.

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anonymous

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