**Microwave Potato Corn Chowder**

**Ingredients**

<table>
<thead>
<tr>
<th>1/4 cup margarine</th>
<th>2 cups milk</th>
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<tbody>
<tr>
<td>1/4 cup flour</td>
<td>2 peeled and diced potatoes</td>
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<tr>
<td>1/4 teaspoon salt</td>
<td>1 can (16 ounce) corn, drained</td>
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<tr>
<td>1/8 teaspoon pepper</td>
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</tbody>
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**Directions**

1. Melt margarine in glass bowl on HIGH for 30 to 50 seconds.
2. Stir in flour, salt and pepper until smooth.
3. Blend milk into flour-margarine mixture.
4. Cook on HIGH for 6 to 8 minutes, until thickened, stirring well each minute. Set aside.
5. In a separate bowl, cook 2 potatoes in 1 cup water. When potatoes are done add potatoes and cooking water to white sauce.
6. Stir in 1 can of corn. Cook 2 to 3 minutes or until steaming hot.

Makes 6 servings

Nutrition information per serving:
- Calories 250, Total fat 8 grams,
- Sodium 380 mg, Total Carbohydrate 39 grams, Dietary Fiber 3 grams,
- Protein 7 grams