

Microwave Potato Corn Chowder

Ingredients

1/4 cup margarine	2 cups milk
1/4 cup flour	2 peeled and diced potatoes
1/4 teaspoon salt	1 can (16 ounce) corn, drained
1/8 teaspoon pepper	

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*