



## Creamy Salmon Chowder

**Prep: 25 minutes**

**Cook: 32 minutes • Serves: 8**

- 8 slices smoked bacon, cut crosswise into ¼-inch pieces
- 2 medium celery ribs, chopped (about ⅔ cup)
- 1 large onion, chopped (about 1½ cups)
- 3 tablespoons all-purpose flour
- 2 large red potatoes (about 1 pound), unpeeled and each cut into ½-inch chunks (about 3 cups)
- 2 cups less-sodium chicken broth
- 1 teaspoon salt
- ¼ teaspoon ground white pepper
- 1½ pounds fresh salmon fillet, skin removed, cut into 1-inch pieces
- 1¼ cups frozen whole kernel corn
- 2 cups half and half
- 1 tablespoon finely chopped fresh dill
- 1 tablespoon thinly sliced green onion

**1.** In 5- to 6-quart saucepot, cook bacon over medium heat 8 to 10 minutes or until crisp, stirring occasionally. With slotted spoon, transfer bacon to paper towel-lined plate. To same saucepot with bacon drippings, add celery and onion; cook 8 to 10 minutes or until softened, stirring occasionally. Stir in flour; cook 2 minutes. Add potatoes, broth, salt and pepper; heat to simmering over medium-high heat, stirring occasionally.

**2.** Reduce heat to medium; cook 8 to 10 minutes or until potatoes are almost tender. Add salmon and corn; cook 6 to 8 minutes or until salmon turns opaque throughout. Stir in half and half, dill, green onion and bacon. Makes about 12 cups.

*Approximate nutritional values per serving:*

*352 Calories, 15g Fat (7g Saturated), 70mg Cholesterol, 662mg Sodium, 26g Carbohydrates, 3g Fiber, 27g Protein*