



FRESH CONNECT

BUCKS COUNTY

recipe

Apple, Carrot , Corn Chowder

NAME OF PRODUCE

INFORMATION

Apples are rich in dietary fiber and helpful substances that may help reduce the risk of developing cancer, dementia hypertension, diabetes, and heart disease. The fiber in apples can also help to keep a balance of good bacteria in the GI tract boosting digestive health.

Carrots are rich in Vitamin A and beta-carotene which may help to improve vision, general eye health, and seeing at night. Carrots may also improve cholesterol due to dietary fiber content, and they may help with the prevention of certain cancers due to antioxidant properties.

Corn also contains antioxidants which may promote eye health. It is a good source of dietary fiber, making it a help to digestive health and cholesterol management.

Be mindful to eat this soup in moderation due to its higher carbohydrate content, and consider adding spinach, broccoli or chopped peppers to boost the nutrient content without adding carbs. Serve alongside a scoop of chicken salad or slice of turkey meatloaf.

1 serving chowder = 127 calories, 4 g fat, 2 g protein, 2 g fiber, 17 g carb, 40 mg sodium

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INGREDIENTS

- 2 tbs. olive oil
- 1 yellow or white onion, diced
- 3 garlic cloves, minced
- 2 carrots, chopped
- 4 c. low sodium chicken or vegetable broth
- 2 apples, peeled and diced
- 2 tsp dried thyme & 1/2 tsp turmeric &
- 1 tsp black pepper, dash salt
- 3 c. cooked corn, taken off the cob

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NAME OF DISH

INSTRUCTIONS

Heat olive oil in stock pot. Add onion and garlic until the onion is translucent.

Add carrot. Simmer for another 5 minutes.

Add chicken broth and apples and bring to a boil. Reduce heat immediately and allow apple to soften (About 10-15 minutes).

Add herbs, pepper, and dash of salt.

Turn down heat and add corn.

Use an immersion blender to grind the soup until it is mostly smooth, leaving some chunks and kernels of corn whole if desired.

SERVING SIZE: 1 cup

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