

# SEAFOOD CHOWDER



## ingredients:

- |   |   |
|---|---|
| 1 head of cauliflower                       | 2 cups chopped carrots                          |
| 1 1/2 cups fat-free milk                    | 1 cup chopped onion                             |
| 1/4 cup nutritional yeast                   | 1 clove garlic, minced                          |
| 1/4 cup Parmesan cheese                     | 1/2 teaspoon thyme                              |
| 4 cups cubed red or yellow potatoes         | 1/2 teaspoon black pepper                       |
| 8-ounce can oysters with juice              | 12 ounces frozen corn                           |
| Two 6.5-ounce cans chopped clams with juice | 12 ounces imitation crab, broken up into chunks |
| 8 ounces clam juice                         | 2 Tablespoons chopped parsley                   |

## directions:

1. Chop cauliflower and boil or steam until very soft. Place cauliflower in blender with milk, yeast and Parmesan cheese and blend until smooth, then pour mixture into a large (5-quart) pot over high heat.
2. Add potatoes, oysters and juice, clams and juice, clam juice, carrots, onions, garlic, thyme, and black pepper. Bring to a boil and cook for 5 minutes, then reduce heat and let simmer for 30 minutes.
3. Add corn and imitation crab, then simmer another 10 minutes or until potatoes and carrots are soft enough. Garnish with parsley and serve.

Yield: 12 servings

## Nutrition Information Per Serving:

Calories: 193  
Fat: 2.5 grams  
Saturated fat: 1 gram  
Cholesterol: 30 mg  
Sodium: 33 mg  
Carbohydrates: 29 grams  
Fiber: 4.5 grams  
Protein: 15 grams

Food exchanges:

1 starch, 2 vegetable, 1 meat

in partnership with

**Kroger**  
FRESH FOR EVERYONE™

*Henry Ford*  
HEALTH SYSTEM

**HENRY FORD  
LIVEWELL**

For a demo of this LiveWell recipe, and for more wellness information, visit [HenryFordLiveWell.com](http://HenryFordLiveWell.com).