

NEW ENGLAND CLAM CHOWDER with TURKEY BACON

INGREDIENTS:

2 cans (44-ounce size) steamer clams in shells, undrained
non-stick cooking spray
3 cups chopped onion
2 cups cubed red potato
1 cup diced celery
2-3 slices DaBecca Apple Smoked Turkey Bacon*, chopped
2 cups water
1/2 teaspoon salt
1/2 teaspoon dried thyme
1/4 teaspoon coarsely ground black pepper
3 fresh parsley sprigs
1 bay leaf
3 tablespoons all-purpose flour
2 cups 2% low-fat milk

PREPARATION:

Drain clams, reserving 1 cup clam liquid. Remove clams from shells; discard shells. Slip black skin off foot of each clam, and discard. Set clams aside.

Coat a Dutch oven with cooking spray; place over medium-high heat until hot.

Add onion and next 3 ingredients, and saute 7 minutes.

Add reserved clam liquid, water, and next 5 ingredients; bring to a boil.

Cover, reduce heat, and simmer 20 minutes or until potato is tender.

Discard parsley and bay leaf. Place flour in a bowl. Gradually add milk, blending with a whisk; add to pan.

Cook over medium heat 10 minutes or until thickened, stirring frequently. Stir in clams; cook 2 minutes or until heated.

Note: Substitute 2 pounds fresh clams in shells and (8-ounce) bottle of clam juice for the 2 cans of steamer clams and 1 cup drained clam liquid, if desired.

Nutritional Info: Calories 130 (21% From Fat); Protein 8.4g; Fat 3.1g
(Sat 1.1g, Mono 1.1g, Poly 0.6g); Carb 16.6g; Fiber 1.9g; Chol 21mg; Iron 4.2mg;
Sodium 398mg; Calc 103mg

This recipe is courtesy of CDKitchen for New England Clam Chowder with Turkey Bacon serves/makes 9

***revised by DaBecca Natural Foods**