

Retro Recipe With A Healthful Touch

(NAPSA)—Here's news you can take comfort in: Not only are comfort foods gaining in popularity, many are also losing some of the fat and calories they once had while retaining their flavor.

For example, a new version of an old favorite, Chili Corn Chowder, adds a healthful touch when you make it with canola oil instead of solid, saturated fats. Plus, you can still enjoy its wonderful creamy texture—without using heavy cream. With the added veggies—red pepper, green chilies and jalapeño—you have everything in one bowl. Serve it with corn bread or muffins for a healthy, hearty and comforting meal.

Canola oil is a healthful alternative to solid fats such as butter and shortening. It's cholesterol free, trans fat free, low in saturated fat and high in unsaturated fat and omega-3. It's very versatile, so you can use it in recipes calling for olive or other cooking oil and for sautéing, salad dressings and baking. The light, neutral taste can be a perfect complement to other foods.

Chili Corn Chowder

Yield: 6 to 8 servings

- ¼ cup canola oil**
- 1 large onion, peeled and sliced**
- 3 garlic cloves, sliced**
- 1 large red pepper, seeded and sliced**
- 3 potatoes, sliced**
- 4 cups chicken or very light vegetable broth (Swanson's) plus more as needed**
- ½ teaspoon cumin**
- 3 cups frozen yellow corn**
- 1 (8-ounce) can mild green chilies, drained**
- 1 small jalapeño pepper,**



Warm up to Chili Corn Chowder.

- seeded and sliced, optional**
- ¼ cup coarsely chopped fresh cilantro, plus additional salt for garnish**
- Kosher salt**
- Freshly ground black pepper**

Pour the canola oil in a large soup pot over medium heat and sauté the onions, garlic, red pepper and potatoes until the onion is wilted (5 to 7 minutes), stirring so all the vegetables sauté evenly. Add the broth and cumin. Continue to cook 10 minutes and then add the corn, chilies and jalapeño. Continue cooking and stirring until the potatoes are soft and can be pierced easily with a fork. Add the cilantro, salt and pepper and cook until heated through, about 5 minutes. In batches, puree the soup in a blender or food processor so that it is still a little chunky, not smooth. If the soup is too thick, add additional broth as necessary. Serve topped with chopped cilantro.

This soup can be made a day ahead of time and stored in the refrigerator so flavors can blend. Reheat it on the stove.

Visit www.northerncanola.com for recipes, nutrition facts and tips.