

Recipe for: Clam Dip
from the kitchen of: Vicki Simon



3 cans chopped clams
(Drained) (~~Drain~~ preferred)
1 16 oz jar sour cream ($\frac{1}{2}$ fat)
4 oz cream cheese
3 tbslp Knorr cream of leek soup (dry)
or onion soup
3 scallions chopped fine serves: 12
3 or 4 tbslp chopped parsley
3 or 4 squirts worcestershire sauce.

Thoroughly mix all Together
and chill, serve with chips
or tortilla chips.

Save clam liquid and freeze
for use in clam chowder,
or clam sauce in pasta.

Corn and Bacon Chowder

$\frac{1}{2}$ tablespoon margarine or butter
 $\frac{1}{2}$ cup each, chopped red bell pepper
and onion or 1 cup frozen bell
pepper and onion strips for stir-fry
Kernels from 1 ear corn, or $\frac{1}{2}$ cup
frozen or canned corn
1 tablespoon flour
2 cups fat-free milk, heated
1 cup red potato, unpeeled, cut into
 $\frac{1}{2}$ -inch dice
4 ounces Canadian bacon, diced
 $\frac{1}{2}$ cup fat-free half-and-half
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
2 tablespoons minced green onions or
chives

1. In medium pot, melt margarine.
Add bell pepper, onion and corn and
saute over low heat 5 minutes. Stir in
flour to form a paste. Gradually add
milk until mixture is smooth. Add pota-
to, bacon and fat-free half-and-half. Re-
duce heat to low, cover and simmer 20
minutes, or until potato is tender.

2. Season with salt and pepper.
Sprinkle with green onions. Makes 4
servings.

Nutritional analysis for each serv-
ing: 209 calories, 4 g. fat, 14.5 g. pro-
tein, 26.5 g. carbohydrate, 2.5 mg. cho-
lesterol, 733.5 mg. sodium and 2 g. di-
etary fiber. ■