



## Salmon and Pea Chowder

Makes 6 servings

### Ingredients

3 tablespoons extra-virgin olive oil  
1 medium sweet onion, diced  
1 small fennel bulb, diced  
1 cup sliced celery  
5 cloves fresh garlic, minced  
½ teaspoon ground cinnamon  
⅛ teaspoon ground cayenne  
¼ teaspoon smoked paprika

⅓ cup cooking sherry  
2 bay leaves  
1 cup low-sodium chicken broth  
½ cup low-sodium fish stock  
1 15-ounce can no salt added diced tomatoes  
1 pound new potatoes, cut in ¼-inch slices  
1 cup frozen peas, thawed  
1 pound salmon, cut into 2 inch square pieces  
1 cup light coconut milk

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### Directions

1. Heat oil over medium heat in large pot. Sauté onion, fennel and celery until fragrant, 4-5 minutes.
2. Add garlic, cinnamon, cayenne pepper and smoked paprika, and sauté another 1 to 2 minutes. Add sherry and bay leaf and cook for 2 to 3 minutes.

(directions continued on back)



## Directions (continued)

3. Add the chicken broth, fish stock, and diced tomatoes and juice. Bring to a simmer over medium-low heat.
4. Add the potato slices and stir. Simmer until potato slices are tender, 7 to 9 minutes. Add the peas.
5. Add the coconut milk and bring to a simmer, about 2 to 3 minutes. Do not boil.
6. Add the salmon and cook for 2 minutes. Turn off heat. Fish will continue to cook. Flake apart the fish with a fork.

## TIP

Garnish with fresh dill or another herb.

 = heart smart

 = low sodium

 = gluten free

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## Nutrition Facts

Serving Size 2 cups (481g)

Servings Per Container 6

Amount Per Serving

**Calories 360**    **Calories from Fat 130**

**% Daily Value\***

**Total Fat 14g**    **22%**

Saturated Fat 3.5g    **18%**

Trans Fat 0g

**Cholesterol 40mg**    **13%**

**Sodium 220mg**    **9%**

**Total Carbohydrate 35g**    **12%**

Dietary Fiber 5g    **20%**

Sugars 10g

**Protein 21g**

Vitamin A 20%    •    Vitamin C 50%

Calcium 8%    •    Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: Fish, coconut  
Carb choices per serving: 2 ½