### Chicken Chowder for Two

**Makes** 2 servings  
**Prep time:** 15 minutes  
**Cook time:** 35-40 minutes

**Ingredients**
- 2 teaspoons vegetable oil
- ½ cup chopped onion
- ½ cup diced or grated carrot
- 2½ cups low-sodium chicken broth
- 1 cup diced potato (fresh or frozen)
- ½ teaspoon thyme
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- ½ cup (4 ounces) cooked and diced chicken
- ½ cup low-fat or nonfat milk
- 1 tablespoon all-purpose flour
- ¼ teaspoon red wine vinegar (optional)
- pepper to taste (optional)

**Directions**

1. In a medium saucepan, saute onion and carrot on medium heat until softened, about 3 minutes.
2. Add broth, potato, thyme, garlic powder and salt. Bring to a gentle boil and simmer until the potatoes are soft, 15 to 20 minutes.
3. While potatoes are cooking, stir flour and milk together in a small dish.
4. Add chicken to the saucepan and stir 1 to 2 minutes until heated through.
5. Slowly add milk mixture and stir as the soup thickens. Boil gently for 2 to 3 minutes.
6. Before serving, add vinegar and pepper, if desired.
7. Refrigerate leftovers within 2 hours.

### Nutrition Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>260</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>8g</td>
<td>10%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.5g</td>
<td>8%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>35mg</td>
<td>12%</td>
</tr>
<tr>
<td>Sodium</td>
<td>430mg</td>
<td>19%</td>
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<tr>
<td>Total Carbohydrate</td>
<td>29g</td>
<td>11%</td>
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<tr>
<td>Dietary Fiber</td>
<td>3g</td>
<td>11%</td>
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<tr>
<td>Total Sugars</td>
<td>7g</td>
<td></td>
</tr>
<tr>
<td>Includes</td>
<td>0g</td>
<td>Added Sugars</td>
</tr>
<tr>
<td>Protein</td>
<td>19g</td>
<td>3%</td>
</tr>
</tbody>
</table>

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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**Protein provides the building blocks to stay strong and live long.**

**Enjoy this chowder with whole grain bread for more protein and fiber.**

**This recipe can be made with canned chicken, salmon or tuna.**

**You can make a salad, stir-fry or soup with leftover chicken.**

**Save time and avoid waste: freeze extra chopped onion for use in other recipes.**

**Try this:** Substitute the diced carrot with any combination of carrot, celery, pepper or leek. Substitute other vegetables such as corn or broccoli for half of the potatoes.
**Veggie Omelet in a Mug**

**Makes** 1 serving  
**Prep time:** 10 minutes  
**Cook time:** 3 minutes  

**Ingredients**
- 2 eggs
- 2 Tablespoons low-fat or nonfat milk
- ⅛ teaspoon salt (a dash)
- ⅛ teaspoon pepper (a dash)
- ¾ cup finely chopped vegetables (fresh, frozen, canned or leftover)
- 2 Tablespoons grated cheese

**Directions**
1. Spray the inside of a 12-ounce microwave-safe mug with cooking spray.
2. Combine eggs, milk, salt and pepper in the mug with a fork and stir well. Stir in vegetables and cheese.
3. Microwave on HIGH for 45 seconds and then stir. Return to the microwave and cook on HIGH until the mixture has puffed and set, 60 to 90 seconds. The omelet may look wet on the top but it will dry as it cools.

**Notes**
- Enjoy with a slice of whole grain toast and a serving of fruit for any meal.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 Omelet (169g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td></td>
</tr>
</tbody>
</table>
| Calories | 220 |%
| Total Fat | 15g | 19% |
| Saturated Fat | 6g | 30% |
| Trans Fat | 0g | |
| Cholesterol | 390mg | 130% |
| Sodium | 400mg | 17% |
| Total Carbohydrate | 5g | 2% |
| Dietary Fiber | 0g | 0% |
| Total Sugars | 3g | |
| Includes | 0g | Added Sugars | 0% |
| Protein | 17g | |

*Protein 17g

**Overnight Oats for One**

In a small bowl or 12-ounce mug, mix ⅓ cup oats, ⅓ cup yogurt, ⅓ cup milk, 2 Tablespoons dry milk and a dash of cinnamon or other spice. Add ½ cup bite-size fruit now or add just before eating. Cover and refrigerate oatmeal mixture for 6 to 12 hours.

**Nutrition Facts per serving:** 290 calories, 5 g fat, 2.5 g saturated fat, 10 mg cholesterol, 150 mg sodium, 46 g total carbohydrate, 5 g fiber, **15 g protein**, 0 g added sugar, 388 mg calcium (30% DV), 2 mg iron (10% DV), 604 mg potassium (15% DV)

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