

Southwest Shrimp and Corn Chowder

**Prep Time**

30 Mins

Yield

6 servings (serving size: about 1 cup)

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COOKING LIGHT

Pair quesadillas with a rich and creamy shrimp corn chowder for a delicious meal in about thirty minutes.

Ingredients

2 tablespoons butter

1 cup chopped green onions

1/2 cup chopped red bell pepper

2 tablespoons finely chopped serrano chile (about 1 small)

1 (4.5-ounce) can chopped green chiles, undrained

3 tablespoons all-purpose flour

1 1/2 cups 2% reduced-fat milk

1 1/2 cups fat-free, less-sodium chicken broth

1 1/2 cups frozen Southern-style hash brown potatoes, diced, thawed

1/2 teaspoon salt

1/2 teaspoon ground cumin

1 (15.25-ounce) can whole-kernel corn with red and green peppers, drained

1 pound peeled and deveined small shrimp

2 tablespoons chopped fresh cilantro

How to Make It

Step 1 Melt butter in a large Dutch oven over medium-high heat. Add onions, bell pepper, and serrano chile to pan; sauté 2 minutes or until tender, stirring frequently. Add canned chiles to pan; cook 1 minute. Add flour to pan; cook 1 minute, stirring constantly. Stir in milk and next 5 ingredients (through corn); bring to a boil. Cook 5 minutes or until slightly thick. Stir in shrimp; cook 1 minute or until shrimp are done. Remove from heat; stir in cilantro.

Step 2 Quesadillas: Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Place 2 (6-inch) flour tortillas in pan. Top each tortilla with 2 1/2 tablespoons preshredded reduced-fat Mexican blend cheese, 1 1/2 tablespoons chopped green onions, and 1 tablespoon chopped pickled jalapeño peppers. Cook 1 minute or just until cheese melts and tortilla is toasted. Arrange 1 (6-inch) flour tortilla over top of each quesadilla. Flip quesadillas; cook 30 seconds. Cut each quesadilla into 6 wedges, and serve with a small bowl of salsa.

Nutritional Information

Calories 212, Fat 6.7g, Satfat 3.4g,
Monofat 1.5g, Polyfat 0.7g, Protein 19.3g,
Carbohydrate 18.3g, Fiber 2.2g,
Cholesterol 130mg, Iron 2.5mg,
Sodium 702mg, Calcium 131mg.