

## ham and corn chowder

*a quick, low-fat and low-sodium version of the rich southern favorite*

Servings: 4

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### ingredients:

- 1 tsp canola oil
- 1 tbsp minced garlic
- 1 1/2 tsp dried thyme
- 1 1/2 c each:
  - frozen or fresh corn kernels
  - bite-size pieces cooked and peeled sweet potato
  - red bell pepper
- 2 cans (14 oz each) fat-free, reduced-sodium chicken broth
- 1 1/4 c reduced-sodium lean ham, cubed
- 3 thinly sliced green onions
- 2 tbsp cornstarch
- 2 c plain Yami lowfat yogurt

### preparation:

Heat oil in a large saucepan over medium heat. Add garlic and thyme; sauté one minute until fragrant. Add corn, sweet potato, bell pepper and broth. Partially cover and simmer 5 minutes; add sweet potatoes and cook until vegetables are tender. Add ham and scallions. Remove pan from heat.

In a medium bowl, whisk the cornstarch into a little yogurt until blended. Whisk in remaining yogurt. Slowly add to mixture in saucepan, while stirring carefully. When blended, place over low heat and stir until slightly thickened.

Spoon into bowls and serve immediately.

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