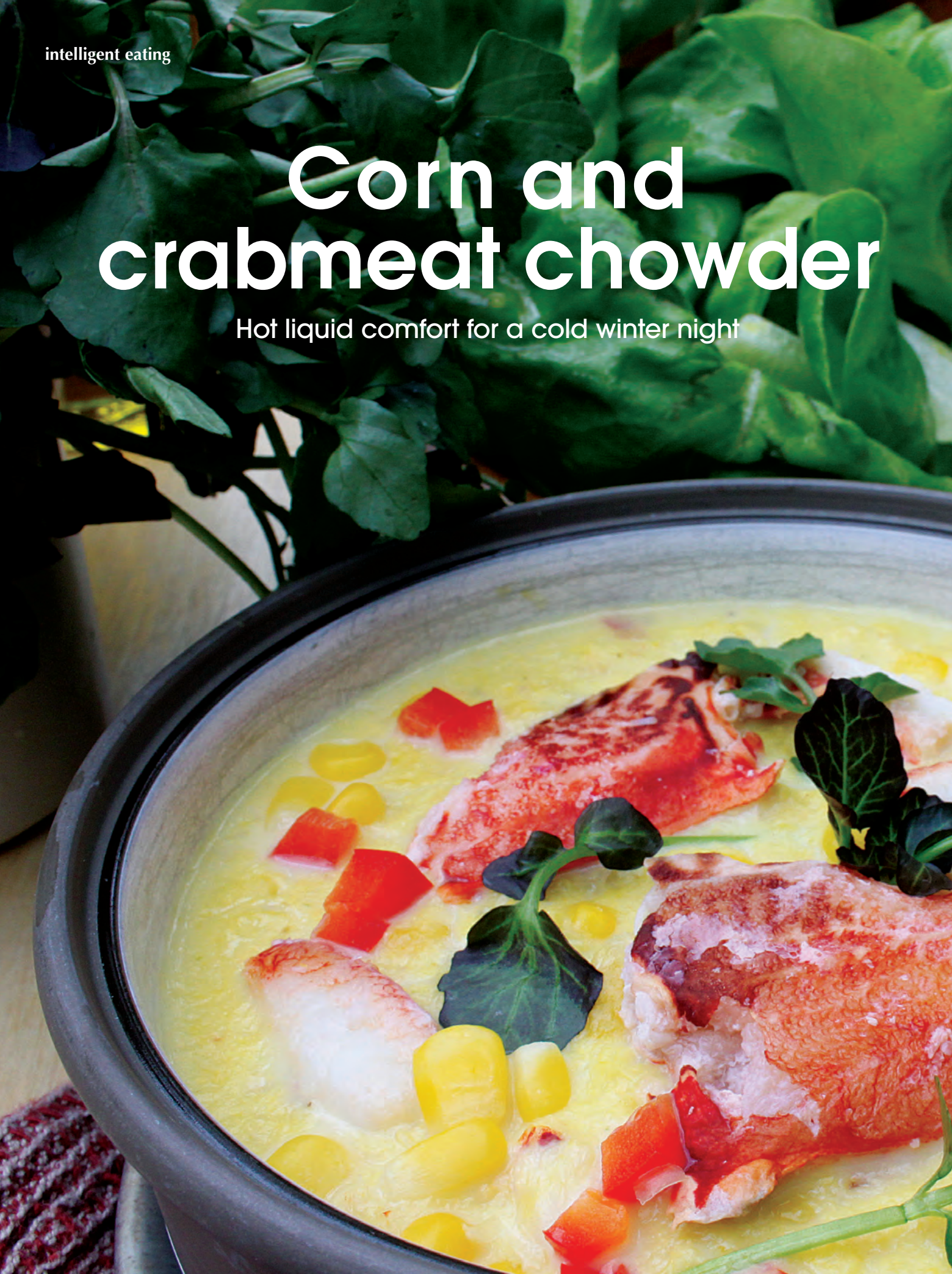
Corn and crabmeat chowder

Hot liquid comfort for a cold winter night



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Excellent source of protein, calcium, phosphorus and potassium; good source of iron, vitamins C and D, and beta carotene

- 1 tbsp (15 mL) unsalted butter
- 1 finely chopped green onion
- ½ tsp (2.5 mL) grated, peeled ginger root (optional)
- 3 cups (750 mL) fresh or frozen corn kernels
- 3 cups (750 mL) 1% milk
- ½ cup (125 mL) finely chopped red pepper
- ½ lb (250 g) fresh or frozen crabmeat
- Pinch sea salt
- Freshly ground black pepper to taste
- Fresh watercress

1. Melt butter in a heavy saucepan over medium heat and add onion, ginger and 2 cups (500 mL) corn.
2. Stir over low heat until vegetables soften.
3. Add milk. Blend mixture in pot with a hand blender or in a conventional blender until smooth.
4. Add red pepper and remaining corn. Cook about 8 minutes over medium heat until pepper and corn soften.
5. Add crabmeat, salt and pepper and heat thoroughly.
6. Ladle soup into bowls and garnish with sprigs of watercress. Serve with a Boston lettuce salad dressed with light olive oil and plenty of lemon juice.

MAKES 4 SERVINGS AS MAIN DISH. Per serving: 290 calories, 7 g fat, 3.5 g saturated fat, 55 mg cholesterol, 4 g fibre, 24 g protein, 39 g carbohydrates, 720 mg sodium

August in January

Corn is now available year-round, and it makes sense to include this grain in your diet 12 months of the year. It's a good source of folate, thiamine and potassium, and it also delivers vitamin C, niacin and zinc. Corn is a valuable source of soluble fibre, which is good for heart, blood pressure and bowel health and good for blood sugar levels. Yellow corn also contains antioxidant carotenoids. One of these, beta-cryptoxanthin, is a cousin of beta carotene and may reduce the risk of lung cancer.