

## **KANSAS CORN CHOWDER**

*(inspired by Cookin Canuck)*

1 tablespoon grapeseed oil  
1 shallot, diced  
1 stalk celery, diced  
1 red bell pepper, diced  
1 (4 oz.) can diced green chiles  
2 + 1/2 cups chicken broth  
1 cup + 1/2 corn kernels (from about 4 corn cobs)  
3/4 teaspoon of salt, divided  
1/4 tsp ground pepper  
1/8 cup all-purpose flour  
2 cups low-fat milk  
3 cooked chicken breasts, boneless, skinless, shredded  
3/4 cup shredded Cheddar cheese  
fresh cilantro leaves

Heat the grapeseed oil in a large saucepan set over medium heat. Add the shallot, celery and red pepper and cook stirring very now and then until fragrant, 3 to 5 minutes. Add the green chiles and cook briefly. Add about 1/4 teaspoon of salt.

Pour in the chicken broth, bring the mixture to a boil, then reduce heat add the corn and simmer for 5 minutes. Place the flour in a medium bowl and slowly whisk in the milk until the mixture is smooth. Slowly whisk the milk mixture into the soup, along with the remaining 1/2 teaspoon of salt and pepper. Cook, until the soup is thickened, about 5 minutes. Stir in the shredded chicken meat and the Cheddar cheese. Serve right away when the cheese melts, with some cilantro sprinkled on top. Adjust seasoning.