

# Summer Corn & Vegetable Chowder

We love corn. All of it. That's why this recipe calls for both the plump, yellow kernels and the cobs. The kernels add texture and hearty sweetness corn is famous for. But, the cobs are packed with flavor, too. Simmering them in milk releases their summery lushness, creating a rich, silky broth. It's the perfect base for this seasonal stew.



## Ingredients

- 3 Cloves Garlic
- 3 Ounces Baby Spinach
- 2 Ears Corn
- 2 Stalks Celery
- 1 Bunch Tarragon
- 1 Lemon
- 1 Red Onion
- ½ Pound Fingerling Potatoes
- ¼ Pound English Peas
- ½ Bunch French Breakfast Radishes
- 2 Tablespoons Butter
- 1 Cup Low-Fat Milk
- ¼ Cup Microgreens
- ½ Teaspoon Piment d'Espelette

Makes 2 Servings  
About 505 Calories Per Serving





# Instructions



## *Prepare the ingredients:*

Wash and dry the fresh produce. Roughly chop the spinach. Peel and thinly slice the garlic. Remove and discard the husks and silk from the corn; cut the kernels off the cobs; reserve the cobs. Small dice the celery. Pick the tarragon off the stems; discard the stems and finely chop the tarragon. Using a peeler, remove the yellow rind of the lemon; mince the rind to get 2 teaspoons of zest. Quarter the lemon and remove the seeds. Peel and small dice the red onion. Cut the radishes and potatoes into thin rounds. Shell the peas; discard the shells.



## *Start cooking the vegetables:*

In a large pot, melt the **butter** with 2 teaspoons of olive oil on medium. Add the **garlic, onion, celery** and **potatoes** and season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until the vegetables have softened slightly.



## *Add the corn, zest & liquids:*

Add the **corn, corncobs, lemon zest, milk** and **1½ cups of water**. Season with salt and pepper. Bring the mixture to a simmer, reduce the heat to medium-low and cook, stirring occasionally, 2 to 4 minutes, or until slightly reduced in volume.



## *Add the radishes, peas & tarragon:*

Stir the **radishes, English peas** and **tarragon** into the pot and season with salt and pepper. Cook, stirring occasionally, 1 to 3 minutes, or until the radishes have softened. Remove and discard the corncobs.



## *Add the spinach:*

Stir the **spinach** and the **juice of 2 lemon wedges** into the pot; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until the spinach has wilted and the potatoes are tender when pierced with a fork. Turn off the heat.



## *Plate your dish:*

Divide the chowder between 2 bowls and top with **as much of the Piment d'Espelette as you'd like**, depending on how spicy you'd like the dish to be. Garnish with the **microgreens** and serve with the **remaining lemon wedges** on the side. Enjoy!