



## Featured Recipe

Olson Women's Health Resource Center  
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### Salmon, Corn and Potato Chowder

*Fall is soup weather and this Salmon, Corn and Potato Chowder is one of the best. Salmon is rich in Omega 3 fatty acids which is a healthy fat with several health benefits including reducing inflammation, lowering cholesterol, and maintaining blood pressure. It is also good for your gut and brain function. Treat yourself right with this delicious easy meal. You're going to love it!*

*Jaime Stevens, Registered Dietitian, Licensed Medical Nutrition Therapist for the Olson Center*

#### INGREDIENTS

- 2 tbsp. unsalted butter
- 2 cups celery (about 3 stalks), chopped
- 1 lb. salmon, skinless fillet, cut into 1-inch pieces
- 1 medium diced onion
- 2 tbsp. olive oil
- ½ cup frozen okra, cut into ½-inch pieces - optional
- 1 ½ lb. red-skinned potato, small, scrubbed, cut into ¾-inch pieces
- 2 garlic cloves, minced
- 1 cup frozen corn
- 8 cups chicken stock
- 1 tsp. salt
- ½ tsp. black pepper
- 1 cup plain Greek yogurt, room temperature
- parsley, minced - optional for garnish

#### INSTRUCTIONS

1. Heat butter in a 6-quart saucepan or small Dutch oven over medium heat. Place salmon in the pan in a single layer; cook, turning once, until browned and cooked through, about 5 minutes. Cooking time will vary depending on the thickness of the salmon. Remove salmon to a plate and set aside.
2. Heat oil in the same pan over medium heat. Add onion and salt; sauté until onion is tender but not browned, about 4 minutes. Add celery and garlic; sauté 30 seconds. Add potatoes; stir to coat. Stir in stock, corn, okra (if using) and pepper. Bring to a boil; reduce heat to low. Cover and cook until potatoes are tender, about 8 minutes.
3. Remove soup from heat. Remove 3 cups of the soup and puree it in a blender until smooth. Add yogurt and process on low just until blended. Add puree, half at a time, to soup and mix well. Gently stir in the reserved salmon and heat through over low heat. Garnish with parsley.

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Prep Time: 20 minutes

Cook Time: 30 minutes

Servings: 6 servings

Total Time: 50 minutes

#### NUTRITION

Calories: 330 Cal

Carbohydrates: 26g

Fat: 18g

Protein: 29g

Dietary Fiber: 2g

Source: <https://www.usdairy.com/recipes/salmon-corn-and-potato-chowder>

## **Olson Wellness Exchange**

Olson Wellness Exchange is a free program in the Omaha area designed to help women incorporate health and wellness into their lives. Join the Olson Wellness Exchange to receive up-to-date information on women's health issues and to learn about companies in Omaha that are working to improve wellness in women. Some benefits of your FREE O.W.E. membership are discounts to Olson Center for Women's Health events, monthly e-mails or mailings with current offerings and promotions from O.W.E. partners, quarterly women's health newsletter on a variety of women's issues, and bi-monthly educational flier on a specific women's health issue. To register, call (402) 559-6345, or visit us at the Olson Center for Women's Health on the 4<sup>th</sup> Floor of the Durham Outpatient Center on UNMC's main campus, or register online at [www.olsoncenter.com](http://www.olsoncenter.com)

