



## ***FARMERS MARKET***

**37685 South Gratiot – Clinton Township, MI 48036 – 586.469.2525**

### **Creamy Salmon Chowder**

**Serves 4**

#### **Ingredients**

1 tbsp. olive oil  
1 bunch scallions  
1 stalk celery  
3 clove garlic  
1/2 tsp. dried thyme  
tsp. crushed red pepper flakes  
kosher salt  
Pepper  
2 tbsp. flour  
1 qt. nonfat milk  
1 lb. red potatoes  
3/4 lb. skinless salmon filet  
2 c. frozen corn  
Chopped fresh dill

Heat the oil in a heavy saucepan or Dutch oven over medium heat. Add the scallions, celery, garlic, thyme, red pepper, 1/2 teaspoon salt, and 1/4 teaspoon pepper and cook, stirring occasionally, until the celery begins to soften, 5 minutes. Sprinkle the mixture with the flour and cook, stirring, for 1 minute.

Stir in the milk and 1 cup water. Add the potatoes and vigorously simmer until they are just tender, 5 to 6 minutes.

Add the salmon and corn, return to a simmer and cook until the salmon is opaque throughout, about 3 minutes more. Top with fresh dill, if desired.

**Credit: [delish.com](http://delish.com)**