SOUTHWEST SALMON CHOWDER

INGREDIENTS
• 1 (14.75 oz.) can pink Alaska Salmon, not drained
• 1 (12 oz.) can evaporated low-fat (or skim) milk
• 1 (16 oz.) can low-sodium chicken broth
• 1 (14.75 oz.) can cream-style corn
• 1 (4 oz.) can diced green chilies (mild or hot), drained
• 1/2 tsp. ground cumin
• 1/2 tsp. chili powder or adobo seasoning
• 1/2 tsp. onion powder or garlic powder

INSTRUCTIONS
1. Add salmon with their liquid to a sauce pot, removing skin and bones.
2. Stir in remaining ingredients.
3. Simmer and stir over low heat, about 5 minutes.

A FACT ON CANNED SALMON
Omega-3 DHA is critical for brain development in babies and young children. The Food and Drug Administration (FDA) encourages pregnant and breastfeeding women to eat 8-12 oz of fish, such as salmon, a week to promote fetal growth.