

NEW ENGLAND CLAM CHOWDER



50 STATES 50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

INGREDIENTS

- ★ 24 littleneck clams, scrubbed, 2 pounds
- ★ 1/2 Yukon gold potato, peeled and cut into 1/2-inch cubes, 3/4 cup, (4 ounces)
- ★ 3/4 cup celery root, peeled and cut into 1/2-inch cubes, (4 ounces)
- ★ 1 bottle clam juice, no salt added, divided
- ★ 2 slices low-sodium bacon, (3 ounces)
- ★ 1 tablespoon unsalted butter
- ★ 2 cloves garlic, peeled and finely chopped
- ★ 1 large yellow onion, diced small, 2 cups, (8 ounces)
- ★ 4 stalks celery, diced small, 1 1/2 cups, (8 ounces)
- ★ 1 pound cauliflower, cut into 1/2-inch cubes, 3 1/2 cups
- ★ 1/2 teaspoon coarse salt
- ★ 2 sprigs fresh thyme, divided
- ★ 2 tablespoons half and half
- ★ 2 tablespoons low-fat milk
- ★ Fresh ground black pepper, to taste

DIRECTIONS

In a large pan with a tight-fitting lid, combine clams, potato, and 1/4 cup clam juice. Cover and bring to a boil over medium heat. Reduce heat to medium-low and cook until all the clams have opened, about 5 minutes. Turn off the heat and let sit for 5 minutes or until potatoes are tender. Remove the meat from the shells and discard shells. Roughly chop the clams and return to the pan.

In a second large pan with a lid, cook the bacon over medium heat until crisp, about 5 minutes. Transfer the bacon to a paper towel lined plate to drain. To the pan, add the butter and garlic, cook until fragrant, 20 seconds. Add the onion, celery and saute until translucent, 5 minutes. Add the cauliflower, 2 tablespoons clam juice, 1/2 teaspoon salt, and 1 sprig of thyme. Cover and cook on medium heat until the cauliflower is completely tender, about 15 minutes. Remove the pan from the heat.

Meanwhile in a small saucepan combine the celery root, milk and half and half. Cover and cook over medium low heat, until the celery root is tender, 5 to 7 minutes. Be sure the mixture does not boil.

Transfer half of the cauliflower mixture to a blender and add remaining 1/2 cup plus 2 tablespoons clam juice and the celery root mixture. Using caution as the mixture is hot, blend until smooth.

Add the puree to the pan with the clams and potatoes. Add the remaining cauliflower mixture and stir to combine. Chowder can be thinned further with a small amount of water, if desired. Divide chowder among 4 bowls. Crumble reserved bacon and sprinkle over chowder. Pick leaves from the remaining sprig of thyme and sprinkle over bacon. Season with freshly ground black pepper.

Serving Size and Nutritional Information:

Serves 4 (Serving Size = 1 1/2 cup servings + 1/2 slice bacon crumbled = 312g)

210 Calories Per Serving, **9g** Total Fat, **21g** Total Carbohydrates, **14g** Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



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