NEW ENGLAND CLAM CHOWDER

- 2 teaspoons Canola oil
- 4 slices Bacon, chopped
- 1 medium Onion, chopped
- 2 stalks Celery, chopped
- 2 teaspoons Fresh thyme, chopped or 1 teaspoon dried
- 1 medium Red potato, diced
- 1 8-ounce Bottle clam juice
- 1 Bay leaf
- 3 cups Low-fat milk
- 1/2 cup Heavy cream
- 1/3 cup All-purpose flour
- 3/4 teaspoon Salt
- 12 ounces Fresh clam strips, chopped, or 3 6-ounce cans chopped baby clams, rinsed
- 2 Scallions, thinly sliced

- Heat oil in a large saucepan over medium heat. Add bacon and cook until crispy, 4 to 6 minutes. Transfer half of the cooked bacon to a paper towel-lined plate with a slotted spoon.
- Add onion, celery and thyme to the pan; cook, stirring, until beginning to soften, about 2 minutes. Add potato, clam juice and bay leaf. Bring to a simmer, cover and cook until the vegetables are just tender, 8 to 10 minutes.
- Whisk milk, cream, flour and salt in a medium bowl. Add to the pan and return to a simmer, stirring, over medium-high heat. Cook, stirring, until thickened, about 2 minutes. Add clams and cook, stirring occasionally, until the clams are just cooked through, about 3 minutes more.
- To serve, discard bay leaf. Ladle into bowls and top each serving with some of the reserved bacon and scallions.

Serves 6
Nutrition per serving: 253 Calories; 20g Carbohydrates; 13g Fat, 16g Protein, 585mg sodium