



## FRANKO'S FAVORITES

### VEGETABLE BISQUE

(Dianne Vienneau)

Combine 2 frozen cups corn and 1 cup low sodium chicken broth in food processor or blender and process until smooth. Set aside. Heat 1 Tbsp. olive oil in large saucepan over medium heat. Add 1 cup chopped onion, 1 cup chopped green pepper and 1 cup chopped red pepper and sauté five minutes. Stir in pureed corn, broth and 1 cup skim milk. Bring to a boil, simmer five minutes. Add another cup of frozen corn, ¾ lb. medium fresh shrimp (optional), ¼ cup chopped fresh cilantro, ¼ cup chopped fresh parsley, ¼ tsp. salt and 1/8 tsp. pepper. Cover and simmer five minutes. Dianne says this is delicious, colourful and low-fat.