



Corn Casserole

Serves 6-8

Ingredients:

1 can corn*, drained	2 Tbsp. cornstarch
1 can creamed corn*	½ - ¾ cup whole grain bread crumbs or unsalted cracker
1 egg or 2 Tbsp. dry egg mix + ¼ cup water	crumbs (about 15 –20 crackers)
½ cup low fat sour cream	2 teas. butter, margarine or vegetable oil
¼ teas. salt	1 teas. salt-free herb seasoning
¼ teas. pepper	Pan spray

* 14.5 oz., no added salt or low sodium

Directions: In a medium sized mixing bowl, add corn, creamed corn, egg, sour cream, salt, pepper, and cornstarch. Mix well. Spray an 8 in. X 8 in. square or 10 in. round baking dish with pan spray. Add corn mixture to baking dish. Bake, covered, in a 350° preheated oven for 50 minutes. While corn is baking, prepare topping. Mix bread crumbs, butter or vegetable oil, and herb seasoning well with a spoon or your hands. Sprinkle bread crumb mixture on top of the corn after it has baked for 50 minutes. Return it to the oven, uncovered, and increase oven temperature to 375°. Bake for another 15 minutes until bread crumbs are golden brown and crisp.

Substitutions: You may replace the low fat sour cream with plain Greek yogurt or fat free sour cream. You may replace the canned corn with a 16 oz. bag of frozen corn (thaw before using). You may also add ½ chopped green or red peppers, and/or ½ cup of chopped onions. If desired, you may eliminate the bread crumb topping.

Nutrition: This recipe provides vegetables and whole grain (if whole grain bread crumbs are used) and has reduced amounts of fat and sodium. To reduce the sodium further, eliminate the salt. To reduce the saturated fat further, replace the low-fat sour cream with fat free sour cream or plain Greek yogurt; and use vegetable oil or margarine rather than butter in the topping.