

# Corn Casserole

Yield: 8 servings | Prep: 10 mins. | Ready In: 60 mins.

## What you need:

- 1 15-ounce can whole kernel corn, drained
- 1 14¼-ounce can cream-style corn
- 1 cup low fat or skim milk
- 2 eggs
- ¼ teaspoon black pepper
- 3 tablespoons butter or margarine
- ½ cup cornmeal
- 1 tablespoon sugar

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## What you do:

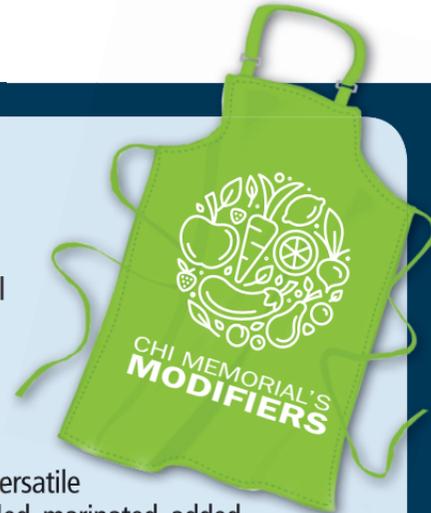
1. Preheat oven to 350 degrees. Coat a casserole dish with cooking spray.
2. Combine all ingredients in a large mixing bowl. Blend until moistened.
3. Pour into casserole dish and bake at 350 degrees for 50 minutes or until the center is set.

## Why we love it:

Corn is a favorite in nearly every part of the world. Culinary options with this versatile veggie are almost endless: roasted or grilled on the cob, popped, creamed, boiled, marinated, added cold in salads or hot in soups, mixed into casseroles of all kinds and added to breads and muffins – to name a few. Corn leaves are even used to wrap tamales. One fun corn fact: the average ear of corn has 800 kernels, arranged in 16 rows, with one strand of silk for each kernel.

Corn has impressive health benefits as well:

- Is high in insoluble fiber that aids in digestion.
- Provides vitamins C, E and some of the B-vitamins. Yellow corn is also a source of vitamin A.
- Provides good sources of cancer-fighting antioxidants, with each corn variety and color offering different ones. One interesting note is that cooking corn actually increase the antioxidant activity.
- Contains a variety of minerals including phosphorous, magnesium, manganese, zinc, iron and copper (in all varieties).



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