



## Corn Casserole (FDD)

**Makes:** 6 Servings

This family favorite casserole is good for breakfast or lunch. Add flavor by topping it with fresh tomato salsa.

### Ingredients

**1/2 cup** onion (chopped)

**1 1/2 teaspoons** vegetable oil

**1 can** low-sodium cream style corn (about 15 ounces)

**3/4 cup** yellow or white cornmeal

**1/2 cup** 1% low-fat milk

**4 tablespoons** egg mix

**1/2 cup** all-purpose flour

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>214</b>
<b>Total Fat</b>	<b>6 g</b>
Saturated Fat	1 g
Cholesterol	106 mg
<b>Sodium</b>	<b>181 mg</b>
<b>Total Carbohydrate</b>	<b>36 g</b>
Dietary Fiber	2 g
Total Sugars	5 g
Added Sugars included	1 g
<b>Protein</b>	<b>7 g</b>
Vitamin D	0
Calcium	70 mg
Iron	2 g
Potassium	198

N/A - data is not available

### MyPlate Food Groups

 Vegetables	1/4 cup
 Grains	1 1/2 ounces

**1/2 teaspoon** baking powder

nonstick cooking spray

## Directions

1. Preheat oven to 350 degrees F.
2. In a saucepan, cook onions over medium heat in vegetable oil until tender (about 4 to 5 minutes).
3. Open canned corn and drain liquid into a measuring cup. If needed, add water to make 1 cup of liquid.
4. Add liquid and cornmeal to the cooked onions in the saucepan. Stir until the mixture boils.
5. Remove saucepan from heat. Mix in milk, corn, and egg mix.
6. In a mixing bowl, mix flour and baking powder. Add cornmeal mixture. Mix well.
7. Spray a 9-inch baking pan with nonstick cooking spray. Pour mixture into baking pan. Bake for 25 to 30 minutes. Cut into 6 servings.

**Source:** A Harvest of Recipes with USDA Foods