

Baked corn casserole

Ingredients:

1 (15 oz.) can cream-style corn
2 (15 oz.) cans low sodium whole kernel corn,
drained
3 eggs or 3/4 cup egg substitute
1/2 cup grated Swiss cheese
1/4 cup corn meal
1/4 cup chopped parsley
1 cup sliced green onions
1 tablespoon butter, melted
1/4 tsp. salt
cayenne pepper or black pepper
1/4 cup grated parmesan cheese
vegetable spray



Instructions:

Preheat oven to 325 degrees. In a large mixing bowl, combine cream-style corn, whole corn and egg substitute. Using a wooden spoon, blend well to incorporate all ingredients. Add Swiss cheese and corn meal, mixing well after each addition. Fold in parsley, green onions and butter. Season to taste with salt and pepper. Pour contents into a 2-quart casserole dish coated with vegetable spray. Sprinkle with Parmesan cheese and bake, covered, 40-45 minutes. Remove cover and brown slightly.