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Corn Casserole

Ingredients

- 2 cans creamed corn
1 cup corn bread mix
1 cup low fat cheddar cheese, grated
2 eggs
2 egg whites
2 tablespoons vegetable oil
1 teaspoon garlic powder
vegetable oil spray

Makes 8 servings

Instructions

- 1. Heat oven to 350° F. Lightly coat a rectangle pan (9x2x13") with vegetable oil spray.
2. Mix all ingredients together in a large bowl.
3. Pour into pan and bake 45 minutes. Let stand 5 minutes. Then serve.

Nutrition Facts

Table with 2 columns: Amount Per Serving and % Daily Value. Includes rows for Total Fat, Saturated Fat, Cholesterol, Sodium, Total Carbohydrate, Protein, and Vitamins A, C, Calcium, and Iron.

30% calories from fat

Last Revised: March 2019



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USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.