

Corn Casserole

This simple casserole can be served for breakfast, lunch, or as a side dish.

Makes: 8 servings

Ingredients

- 2 eggs
- 2 cans cream-style corn (15 ounces each)
- ½ cup minced onion
- 2 teaspoons sugar
- black pepper to taste
- 1 cup whole wheat breadcrumbs

Directions

1. Preheat oven to 350°F.
2. Beat eggs in a bowl.
3. Add corn, minced onion, sugar, black pepper, and half the breadcrumbs.
4. Stir and transfer to a lightly greased 8x8 inch baking dish.
5. Sprinkle remaining breadcrumbs on top of the casserole.
6. Bake for 30 minutes.

Notes

- For a main dish, add 1 cup cooked chicken or ground beef.
- For variation, add a can of green chili peppers.
- Can use leftover cornbread or croutons for breadcrumbs.



- Top with cheese if desired.

Recipe from: *Simple Healthy Recipes*, Oklahoma Nutrition Information and Education, ONIE Project, adapted by the USDA Food and Nutrition Administration.

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