

Broccoli and Corn Bake

Ingredients:

Non stick cooking spray
 15 ounces can cream corn
 10 ounces broccoli, frozen, thawed
 20 low sodium whole-wheat
 crackers
 1 egg, beaten
 5 ounces evaporated skim milk

Topping:

6 low sodium whole-wheat
 crackers, crushed
 1 tablespoon reduced-calorie
 margarine, melted

Equipment:

2 quart casserole dish
 Small saucepan
 Small bowl
 Can opener
 Measuring spoons
 Measuring cups
 Spatula

Number of Servings: 6
 Prep Time: 10 minutes
 Total time: 50 minutes

Directions

1. Preheat oven to 350°F. Spray 2 quart casserole dish with non stick cooking spray.
2. Open corn and pour into a colander. Rinse under cool water to remove salt, set aside to drain.
3. Place crackers in a bag and crush with your hands or a rolling pin. Set aside.
4. To crack an egg, tap it in several places on a hard surface until the shell is broken, and pull apart with your fingers. Pour the egg into a glass and check for shells and bad smells. if it is OK, add to a medium mixing bowl. Open evaporated milk and add to egg. Beat until well mixed.
5. Add corn, thawed broccoli, half of the crushed crackers and pour into casserole dish.
6. Melt margarine in a small sauce pan and mix in other half of crushed crackers until well coated. Pour over broccoli mixture.
7. Bake at 350°F for 40 minutes.

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Nutrition Facts

Serving Size: 1 cup	
Servings: 6	
Amount Per Serving	
Calories 179	Calories from Fat 45
%Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Cholesterol 36mg	12%
Sodium 318mg	13%
Total Carbohydrate 30g	10%
Dietary Fiber 2g	9%
Protein 7g	14%
Vitamin A 24%	Vitamin C 50%
Iron 6%	Calcium 11%
*Percent Daily Values are based on a 2,000 calorie diet.	

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