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

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.