

Corn Pudding

Ingredients

- 3 cups sweet corn, fresh or frozen
- 3 Tbsp flour
- 2 Tbsp sugar
- $\frac{1}{2}$ tsp salt
- 4 eggs
- $\frac{1}{4}$ tsp nutmeg
- 3 cups skim milk
- 3 Tbsp butter
- Cooking spray

Directions

1. Preheat oven to 400°F
2. Mix all ingredients together except butter.
3. Using cooking spray, grease a medium-sized casserole dish. Pour corn mixture into casserole dish.
4. Dot top of casserole with pats of butter.
5. Bake covered for 1 hour.

Handling & Storage

Choose ears with green husks, fresh silks, and tight rows of kernels.

Refrigerate corn with husks on for use within 1-2 days. If corn is unhusked, put ears in a plastic bag and refrigerate until preparation time.

To prepare, remove the husks immediately before cooking.

Nutritional Information

Calories: 155

Total Fat: 6.4 g

Saturated Fat: 3.1 g

Trans Fat: 0.0 g

Cholesterol: 85 mg

Sodium: 234 mg

Total Carbohydrates: 18.5 g

Dietary Fiber: 1.5 g

Sugars: 8.5 g

Protein: 7.1 g

Serves: 9