

Cornbread Casserole II

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2 cans (16 ounce ea) whole kernel corn, drained

1 can (16 ounce) cream-style corn

1 package yellow cornbread mix

1 container (8 ounce) sour cream

1 stick margarine

1 egg, beaten

Preheat the oven to 375 degrees.

Melt the margarine in a casserole dish.

Add the whole corn, cream corn, cornbread mix, sour cream and egg. Mix well.

Bake for 45 minutes.

This recipe can be made lower in fat content by using low-fat sour cream and Egg Beaters.

Per Serving (excluding unknown items): 1851 Calories; 158g Fat (76.0% calories from fat); 22g Protein; 90g Carbohydrate; 7g Dietary Fiber; 316mg Cholesterol; 2514mg Sodium. Exchanges: 1 Lean Meat; 1/2 Non-Fat Milk; 31 Fat; 5 1/2 Other Carbohydrates.