

Cornbread Casserole

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Unitarian Universalist Fellowship of Vero Beach, FL 2000

Servings: 5

1 can (15-1/4 ounce) whole kernel corn, drained
1 can (14-3/4 ounce) cream-style corn
1 package (8-1/2 ounce) cornbread muffin mix
1 egg
2 tablespoons butter or margarine, melted
1/4 teaspoon garlic powder
1/4 teaspoon paprika

Preheat the oven to 400 degrees.

In a bowl, combine the whole corn, cream corn, muffin mix, egg, butter, garlic powder and paprika.

Pour into a greased 11x7x2-inch baking dish.

Bake, uncovered, for 25 to 30 minutes or until the top and edges are golden brown.

This recipe can be converted from a side dish to a main dish by adding some chopped chicken or ham to it.

Per Serving (excluding unknown items): 56 Calories; 6g Fat (88.8% calories from fat); 1g Protein; trace Carbohydrate; trace Dietary Fiber; 55mg Cholesterol; 61mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Fat.