

# Baked Corn

*Canadian Mennonite Cookbook - 1974  
D. W. Friesen & Sons Ltd.*

*2 cups corn  
3 crackers, crumbled  
2 eggs, beaten  
3/4 cup milk  
salt (to taste)  
pepper (to taste)  
3/4 cup milk  
small amount of water*

Preheat the oven to 350 degrees.

In a bowl, mix all of the ingredients.

Transfer the mixture to a casserole dish.

Bake for 25 to 30 minutes until thick as custard and browned.

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Per Serving (excluding unknown items): 679 Calories; 27g Fat (33.7% calories from fat); 35g Protein; 83g Carbohydrate; 9g Dietary Fiber; 474mg Cholesterol; 483mg Sodium. Exchanges: 4 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Non-Fat Milk; 3 Fat.