

Skillet Creamy Corn

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*1 medium yellow onion,
chopped
3 tablespoons lemon-herb
finishing butter
4 cups frozen whole kernel
corn
1 1/2 teaspoons Kosher salt
1/2 teaspoon pepper
3/4 cup sour cream, divided
3/4 cup queso fresco (or
feta) cheese, crumbled and
divided
2 green onions, thinly sliced*

Chop the yellow onion. Preheat a large saute' pan on medium-high for 2 to 3 minutes. Place the butter in the pan. Add the onions. Cook and stir for 2 to 3 minutes or until tender. Stir in the corn, salt and pepper. Cook for 4 to 5 minutes, stirring occasionally, or until the corn is hot and tender.

Transfer the mixture to a food processor (or blender). Add 1/2 cup of sour cream and 1/2 cup of cheese. Pulse until the desired consistency.

Spoon the mixture back into the saute' pan on medium heat. Simmer for 2 to 3 minutes or until the mixture thickens. Slice the green onions. Stir in the remaining sour cream. Top with the sliced green onions and remaining 1/4 cup of crumbled cheese. Serve.

Per Serving (excluding unknown items): 1001 Calories; 41g Fat (33.7% calories from fat); 27g Protein; 156g Carbohydrate; 19g Dietary Fiber; 77mg Cholesterol; 2940mg Sodium. Exchanges: 8 1/2 Grain(Starch); 2 Vegetable; 1/2 Non-Fat Milk; 7 1/2 Fat.