

Sweet Bourbon Corn Pudding

AARP Magazine

Servings: 8

Start to Finish Time: 1 hour

Bake Time: 45 minutes

2 large eggs

3/4 cup evaporated milk

2 cups canned cream-style corn

2 cups fresh or frozen corn kernels

2 tablespoons unsalted butter, melted

3 tablespoons dark brown sugar

3 tablespoons cornstarch mixed with 2 tablespoons bourbon

1/2 teaspoon ground nutmeg

1/4 teaspoon salt

1/8 teaspoon ground white pepper

Preheat oven to 350 degrees.

Butter an 8-inch square baking dish

Whisk together the eggs and the milk. Stir in the remaining ingredients.

Pour mixture into the baking dish. Bake 45 to 48 minutes, or until lightly browned. Serve warm.

Per Serving (excluding unknown items): 96 Calories; 6g Fat (55.4% calories from fat); 3g Protein; 8g Carbohydrate; trace Dietary Fiber; 68mg Cholesterol; 98mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 Fat; 1/2 Other Carbohydrates.