

Frankfurter Corn Bake

Lillian Schlegel

The Pennsylvania State Grange Cookbook (1992)

Servings: 6

*3 eggs, slightly beaten
1 cup fine dry bread crumbs
1/4 cup onion, finely
chopped
1 teaspoon salt
2 cans (17 ounce) cream
style corn
1 teaspoon dry mustard
6 to 8 frankfurters, cut into
1/2-inch pieces
catsup*

Preheat the oven to 375 degrees.

In a two-quart casserole, combine the eggs, bread crumbs, onion, salt, corn, mustard and two-thirds of the frankfurters. Mix well. Place the remaining frankfurters on top.

Bake for 30 minutes or until a knife inserted in the center comes out clean.

Garnish with catsup.

Per Serving (excluding unknown items): 223 Calories; 19g Fat (78.3% calories from fat); 10g Protein; 2g Carbohydrate; trace Dietary Fiber; 135mg Cholesterol; 1029mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 3 Fat.