

Scalloped Corn

1/4 cup onion, chopped finely
1/4 cup green or red sweet pepper
1 egg white, slightly beaten
1/2 cup lowfat saltine crackers, coarsely crushed
1/2 cup skim milk
1/8 tsp. seasoned salt
1/8 tsp. pepper
9 oz. whole kernel corn, drained
9 oz. cream-style corn
1 tsp. lowfat margarine, melted
Vegetable cooking spray

Preheat oven to 350°F. In a small covered saucepan, cook the onion and green or red sweet pepper in a small amount of boiling water for 2 minutes or until tender. Drain.

Meanwhile, in a medium mixing bowl, stir together the egg white, 1/3 cup of the saltine crackers, milk, seasoned salt and pepper. Stir in the onion-sweet pepper mixture, whole kernel corn, and cream-style corn.

Spray a 1-quart casserole with vegetable cooking spray. In a small mixing bowl, toss the remaining saltine crackers with the melted margarine. Sprinkle on top of the corn mixture.

Bake about 35 minutes or until a knife inserted near the center comes out clean. Let stand for 5-10 minutes before serving. Makes 4 servings.

Nutrition information per serving: calories 179; protein 6 grams; fat 3 grams; sodium 679 mg