

Scalloped Corn

1 (15.25 ounces) can no added salt whole kernel corn
12 saltine crackers
1 (14.75 ounces) can no added salt cream style corn
1 egg
 $\frac{1}{2}$ cup fat free milk
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
Nonstick cooking spray
1 tablespoon margarine

Makes 7 portions, $\frac{1}{2}$ cup each

Per portion

Calories:	144
Carbohydrate:	24 grams
Protein:	4 grams
Fat:	3 grams
Saturated fat:	1 gram
Cholesterol:	31 milligrams
Sodium:	195 milligrams
Dietary fiber:	3 grams

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1. Preheat oven to 350°.
 2. Drain whole kernel corn.
 3. Crush crackers.
 4. Mix all ingredients except margarine.
 5. Coat $1\frac{1}{2}$ quart casserole dish with cooking spray and put corn mixture in dish.
 6. Dot with 1 tablespoon margarine.
 7. Bake at 350° for about 1 hour or until set.