

Corn and Zucchini Casserole

- 1 can (15 ounces) cream-style corn
- 1 cup coarsely grated zucchini (with skin)
- ½ cup chopped onion
- ½ cup liquid egg substitute
- ⅓ cup fat-free sour cream
- ⅓ cup yellow cornmeal
- ⅓ cup all purpose flour
- ½ teaspoon black pepper
- ¼ teaspoon ground red bell pepper
- ½ cup grated low-fat pepper jack cheese
- Nonstick cooking spray
- ½ cup finely diced red bell pepper



1. Heat oven to 350°F.
2. Combine corn, zucchini, onion, egg substitute, sour cream, cornmeal, flour, black pepper, ground red pepper, and grated cheese in a medium mixing bowl with a wooden spoon.
3. Mix well.
4. Spray an 8" x 8" casserole dish with nonstick cooking spray.
5. Pour mixture into dish and spread evenly.
6. Top with diced red bell pepper.
7. Bake 30-35 minutes until puffed and firm in the middle and lightly browned on the edges.

Preparation time: 10 minutes

Baking time: 35 minutes

Yield: 10 servings

Service size: ½ cup

Per serving:

Calories: 107
Carbohydrate: 17 g
Protein: 5 g
Fat: 2 g
Saturated fat: 1 g
Cholesterol: 4 mg
Sodium: 182 mg
Fiber: 1 g

Exchanges per serving:

1 starch, ½ lean meat
Carbohydrate choices: 1