

Scalloped Corn

1/4 cup	ReddiEgg Real Egg Product
1/4 cup	Milk, low fat, 1%
1 Tbsp	Butter
8 oz	Corn, canned, cream style
8 oz	Corn, canned, regular kernel
19	Saltine crackers
1 packet	Sweetener



Preheat oven to 350 degrees. Coat a casserole dish with nonstick cooking spray. Pour Egg Product into casserole dish, add milk, sweetener, and salt and pepper to taste. Mix well. Drain regular corn and pour in dish along with creamed corn. Crumble 14 crackers into mixture and mix well. Crumble the remaining crackers on top. Dollop with butter. Bake for 35 minutes or until golden brown and firm. Serve immediately. **Makes 6**

servings.

Calories = 145

Fat = 3.8 grams

Cholesterol = 5 milligrams