

LIGHTEN UP

Corn Pudding

Makes 6 servings. Working time 15 min.
Total time 1 hr.

- Olive oil, for brushing dish
- 2 cups corn kernels
- 1 small red bell pepper, finely chopped
- 1/2 small yellow onion, finely chopped
- 1/3 cup grated reduced-fat Swiss cheese (*I used regular fat Swiss*)
- 1/3 cup grated Parmesan
- 2 tablespoons flour (*I forgot to put this in*)
- 1 1/2 teaspoons dry mustard (*I used yellow reg. must*)
- 1/2 teaspoon salt
- 2 eggs
- 1 (12-ounce) can evaporated milk (*I used heavy cream*)

Cut the fat in this dish by 61 percent (that's 15 grams per serving!) by using reduced-fat Swiss and evaporated milk instead of cream.

1. Preheat oven to 350°F. Lightly brush a 1 1/2- to 2-quart baking dish with olive oil and set aside. In a medium bowl, toss together corn, bell pepper, onion, cheeses, flour, mustard, and salt.

2. In another bowl, whisk together eggs and milk. Stir egg mixture into corn mixture and pour into prepared dish. Bake until set, about 45 minutes.

PER SERVING protein: 12 g; fat: 10 g; carbohydrate: 22 g; fiber: 2 g; sodium: 376 mg; cholesterol: 92 mg; calories: 221.

(Jarlsberg)

(I used regular fat Swiss)

(I forgot to put this in)

(I used yellow reg. must)

(I used heavy cream)

