

Elizabeth's Healthy Pick of the Week



Green Giant Steam Crisp Corn Niblets, No Salt added



Why It's Healthy

<ul style="list-style-type: none">• No sodium	<ul style="list-style-type: none">• Low fat
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Today, corn is grown on almost every continent in the world, the United States being its largest producer. Corn provides iron, manganese, vitamin C, carotenoids, and some B vitamins. Green Giant's Steam Crisp Corn Niblets, without added salt would be a great addition to you next recipe.

Corn Pudding



Ingredients | 8 servings | Active Time: 10 minutes | **Total Time:** 1 hour 5 minutes

3 cups Green Giant Steam Crisp Corn Niblets, No Salt added 1/4 cup chopped fresh chives 1 tablespoon chopped fresh thyme 3/4 teaspoon salt 1/4 teaspoon freshly ground black pepper	1 1/2 cups 1% low-fat milk 1/2 cup egg substitute 2 tablespoons 1/3-less-fat cream cheese 1 large egg, lightly beaten Cooking spray
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Preparation

1. Preheat oven to 350°.
2. Combine corn, chives, thyme, salt, and pepper in a medium bowl.
3. Combine milk, egg substitute, cream cheese, and egg in a medium bowl. Add the milk mixture to the corn mixture, and stir well to combine.
4. Pour the corn mixture into an 11 x 7-inch baking dish coated with cooking spray.
5. Bake at 350° for 55 minutes or until top of pudding is golden brown.

Nutrition

Calories: 113, Fat: 4.1g, Saturated fat: 1.3g, Protein: 6.5g, Fiber: 1.7g, Cholesterol: 31mg, Sodium: 308mg

Recipe From <http://www.cookinglight.com>

Recipe Provided by Elizabeth M. Madison, **Locust Valley** In-Store Registered Dietitian.

Want more recipes or meal planning ideas? Contact Elizabeth at: emadisonrd@gmail.com or call 718-598-0617