

Cheesy Corn Spoon Bread

INGREDIENTS

- 1 yellow onions, diced
- 4 Tbsp butter
- 2 eggs
- 2 c sour cream
- 1 (15 oz) can whole kernal corn
- 1 (15 oz) can cream-style corn
- ¼ tsp salt
- ¼ tsp black pepper
- 1 package cornbread/muffin mix
- 1 jalapeno
- 2 c cheddar cheese, shredded

DIRECTIONS

1. In a large skillet, saute onion in butter until tender; set aside.
2. In a large bowl, beat the eggs; add sour cream, both cans of corn, salt and pepper. Stir in corn bread mix just until blended. Fold in sauteed onion, jalapeno and 1-1/2 cups of cheese.
3. Transfer to a greased shallow 3-qt. baking dish. Sprinkle it with the remaining cheese. Bake, uncovered, at 375° for 35-40 minutes or until a toothpick inserted near the center comes out clean; cool slightly.



HEALTHY SWAPS

- **Lower Fat:** Use non-stick cooking spray to blacken fish & use low-fat butter spread such as Smart Balance Light in grits. 315 Calories. 3g Fat (1g Saturated fat, 53mg Cholesterol.) 560mg Sodium. 29g Carbohydrates (2g Fiber, 8g Total sugar.) 31g Protein.
- **Lower Carbohydrate:** Substitute zero-sugar sweet chili sauce for habanero honey, and 3 c cauliflower rice for grits/water. 300 Calories. 13g Fat (8g Saturated fat, 88mg Cholesterol.) 640mg Sodium. 7g Carbohydrates (3g Fiber, 2g Total sugar.) 31g Protein.
- **Lower Sodium:** Use salt substitute and unsalted butter to reduce sodium to 225mg.
- **Dairy-free:** Use vegan butter or margarine.
- **Gluten-free:** Ensure blackening seasoning is gluten-free.

Nutrition Facts	Amount/serving		% Daily Value*		Amount/serving	% Daily Value*	
12 servings per container Serving size 1/12 Serving Calories per serving 330	Total Fat 21g		27%		Total Carbohydrate 28g		10%
	Saturated Fat 10g		50%		Dietary Fiber 3g		11%
	Trans Fat 0g				Total Sugars 10g		
	Cholesterol 80mg		27%		Includes 0g Added Sugars		0%
	Sodium 560mg		24%		Protein 9g		18%
	Vitamin D 0.3mcg	2%	• Calcium 190mg	15%	• Iron 1mg		6%
	Potassium 164mg	4%					

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.