

Modified Corn Casserole

1 (15 oz.) can whole kernel corn, drained

1 (15 oz.) can cream style corn

1 pkg. vegetarian corn muffin mix

1/3 cup canola oil

1 cup low-fat sour cream

1 cup low-fat cheddar cheese

Directions:

1. Preheat oven to 350°F.
2. In a bowl, stir corn, cream corn, muffin mix, canola oil and sour cream until well combined.
3. Pour mixture into a 9x13-inch baking dish that has been sprayed with nonstick cooking spray.
4. Bake for 45 minutes.
5. Remove from oven and top casserole with cheese. Put casserole back in oven for 5-10 minutes or until cheese is melted. Yield: 8 servings

Nutrition information per serving: Calories 334, carbohydrates 41g, fat 16.5g, protein 7.8g, fiber 2.5g