

Cornbread Casserole

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 55 minutes

Serves: at least 12 servings

CChints: This cornbread doesn't rise very high in a 9x13 pan. So if you have a slightly smaller pan it will be taller but you need to watch the center to make sure it is done and not soggy.



1 cup frozen corn, thawed

14 ounce can cream-style corn

2 - 8.5 ounce package corn muffin mix, like Jiffy® - You will only use 1-1/2 boxes

1 cup reduced fat sour cream

1 egg, beaten or 1/4 cup liquid egg substitute

3 tablespoons butter, melted

1 teaspoon sugar or Splenda®

1 cup reduced fat cheddar cheese, divided in half

Serve with butter

Tex Mex style – add 2 tablespoons chopped green chilies and 2 tablespoons diced red bell pepper.

Preheat oven to 350 degrees F. Spray a 9x13 baking pan with cooking spray.

Thaw the corn in a microwaveable dish for 1 minute, stir and cook 20 more second. Pour off any water from the corn and put the corn in a large mixing bowl. Use this same container to melt the butter for 10 -15 seconds in the microwave. Add the cream corn through 1/2 cup cheese to the mixing bowl. Gently blend these items together and pour into your prepared baking dish.

Bake for 50 minutes or until golden brown. Remove from the oven and add the remaining 1/2 cup of cheese over the top. Return to the oven for 5 more minutes.

If your baking pan has a nonstick surface be sure you do not cut your cornbread with a metal object that can damage the pan.

Serve warm or at room temperature.