

Broccoli and Corn Bake

Makes: 6 servings

Ingredients

1 can cream-style corn (14.75 ounce)

3 3/4 cups broccoli (frozen, cooked)

1 egg (beaten)

1/2 cup cracker crumbs (crushed)

1/4 cup margarine

6 saltine crackers (crushed)

1 tablespoon margarine (melted)

Directions

1. Mix corn, broccoli, egg, cracker crumbs and margarine together in greased 1 1/2 quart casserole.
2. Mix topping ingredients together in small bowl. Sprinkle over corn mixture.
3. Bake at 350 degrees for 40 minutes.

Source: University of Kentucky, Cooperative Extension Service, Families on the Move

Nutrition Information

Nutrients	Amount
Calories	205
Total Fat	11 g
Saturated Fat	2 g
Cholesterol	31 mg
Sodium	401 mg
Total Carbohydrate	24 g
Dietary Fiber	3 g
Total Sugars	4 g
Added Sugars included	2 g
Protein	5 g
Vitamin D	0 IU
Calcium	41 mg
Iron	1 mg
Potassium	194 mg

N/A - data is not available

MyPlate Food Groups

 Vegetables	1/2 cup
 Grains	1/2 ounce