

Baked Corn, Mexican Style

From Woman's Day, June 16, 1981

Ingredients

- 3 Tbsp butter or margarine, divided
- 1/2 cup soft bread crumbs
- 1-1/4 cups shredded sharp Cheddar cheese (5 ounces), divided
- 1 small onion, minced
- 1/4 cup chopped green pepper
- 1 cup cooked rice
- 1 can (8 ounces) tomatoes
- 1 cup cooked whole-kernel corn cut from cob (2 large ears)
- 1/2 tsp seasoned salt
- 1/2 tsp chili powder
- 1 tsp brown sugar
- 2 dashes hot-pepper sauce
- 2 eggs, separated

Instructions

1. In a small skillet, melt butter. Add 2 Tbsp melted butter to bread crumbs and toss with 1/4 cup cheese; set aside.
2. Sauté onion and green pepper in remaining butter until onion is tender.
3. Mix well with remaining cheese, rice, tomatoes, corn, seasoned salt, chili powder, brown sugar, and hot-pepper sauce.
4. Beat egg whites until stiff, then beat yolks until slightly thickened.
5. Stir yolks into corn mixture, then fold in beaten egg whites.
6. Turn into a shallow 1-1/2-quart baking dish and sprinkle with reserved crumb mixture.
7. Bake in a preheated 350° oven for 30 minutes or until firm and browned.
8. Makes 4 servings.

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- 1/2 teaspoon each seasoned salt and chili powder
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In small skillet melt butter. Add 2 tablespoons to crumbs and toss with 1/4 cup cheese; set aside. Sauté onion and pepper in remaining butter until onion is tender. Mix well with remaining cheese, rice, tomatoes, corn, salt, chili powder, sugar and hot-pepper sauce. Beat egg whites until stiff, then beat yolks until slightly thickened. Stir yolks into corn mixture, then fold in beaten whites. Turn into shallow 1-1/2-quart baking dish and sprinkle with reserved crumbs. Bake in preheated 350° oven 30 minutes or until firm and browned. Makes 4 servings. *Per serving: 370 cal, 16 g pro, 25 g car, 24 g fat, 189 mg chol with butter, 162 mg chol with margarine.*

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