

Preventing Women's Heart Disease Through Education



CAROL For Heart

Savory Corn Pudding

Servings: 4

4 large eggs

8 ears fresh corn

1 cup skim milk

2 tablespoons butter, melted

$\frac{3}{4}$ cup all-purpose flour

1 teaspoon sea salt

1 teaspoon baking powder

2 ounces grated parmesan cheese

1 roasted pepper, diced

3 tablespoons finely sliced fresh basil

Freshly ground black pepper

- Preheat the oven to 350 degrees.
- Separate the eggs. Add the whites to one large mixing bowl and the yolks to another.
- Cut the kernels from the each of the corn. Transfer to the bowl with the yolks. Add the milk and butter; whisk to combine.
- Add the flour, salt and baking powder. Stir well to combine.
- Beat the egg whites until soft peaks form. Fold into corn mixture. Stir in cheese and roasted pepper.
- Lightly butter a casserole dish. Bake until golden brown and set, about 35 to 40 minutes. Serve warm or at room temperature.

Per Serving (excluding unknown items): Calories: 360; Calories from Fat: 115; Total Fat: 12.8g; Saturated Fat: 5.5g; Cholesterol: 228mg; Sodium: 672mg; Total Carbohydrates: 50.8g; Dietary Fiber: 4.8; Sugars: 9.1; Protein: 15.7

Recipe courtesy of: Denis Chiappa • Carlow Cookery • www.carlowcookery.com

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