

Broccoli and Corn Bake (FDD)

Rating: ★★ ★

Makes: 6 Servings

This recipe will help you make half your plate fruits and vegetables. Serve this vegetable-rich dish warm at any meal.

Ingredients

- nonstick cooking spray
- 1 can** low-sodium cream style corn
- 1 package** frozen broccoli (cooked, 10 ounces)
- 1** egg (beaten)
- 1/2 cup** crackers (like saltines), crushed (Topping)
- 2 tablespoons** margarine (Topping)

Directions

1. Preheat oven to 350 degrees F.
2. Spray 1 ½ quart casserole dish with nonstick cooking spray.
3. Mix corn, broccoli, egg, cracker crumbs, and margarine together and place in casserole dish.
4. Mix topping ingredients together in small bowl. Sprinkle over corn mixture.
5. Bake for 40 minutes. Serve warm.

Recipe adapted from SNAP-ED Connection Recipe Finder

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	148	
Total Fat	7 g	
Protein	4 g	
Carbohydrates	19 g	
Dietary Fiber	3 g	
Saturated Fat	1.5 g	
Sodium	192 mg	