

The Right Bite Southern Style Creamed Corn

6 Servings

You'll Need:

6 medium ears fresh corn
1 Tablespoon reduced-fat margarine
¼ cup water
½ cup evaporated skim milk
2 teaspoon cornstarch
⅛ teaspoon white pepper

Take out:

Sharp knife
Cutting board
Heavy sauce pan
Mixing spoon
Liquid measuring cup
Measuring spoons

1. Cut corn from cobs, scraping cobs well to remove all milk.
2. Combine corn, margarine and water in saucepan. Cover and cook over medium heat for 10 minutes or until corn is done, stir occasionally.
3. Combine remaining ingredients. Beat with spoon until cornstarch is well blended. Add to corn, stirring well.
4. Cover and cook about 3 minutes or until thickened and bubbly. Stirring often.

Calories: 112
Carbohydrate: 22 grams
Fat: 2 grams
Sodium: 60 mg
Protein: 4 grams

Exchanges: 1 ½ Starch