

Southern Corn

Recipe Type: Side Dish

Serves: 6

Prep Time: 10 minutes

Cooking Time: 40 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 3 C frozen corn
- 1 small tomato
- ¼ C skim milk
- 1 T canola oil
- 2 T all purpose flour
- 1 C water
- ¼ t salt
- ½ t black pepper
- 1 t dried parsley or 1 T fresh parsley



This is a picture of 1 serving.

What to do:

1. Wash your hands.
2. Defrost the corn in the fridge for a half hour.
3. Dice the tomato.
4. Mix the milk, oil, flour, water, salt and pepper in a medium size bowl.
5. Add the corn and tomato and mix well.
6. Pour the mixture into a medium pot and cover.
7. Cook for 40 minutes until the liquid becomes thick and paste-like.
8. Top with parsley.
9. Serve while it is still warm!

Contains: Milk

Nutrition Facts

6 servings per container

Serving size 1/2 Cup (153g)

Amount per serving

Calories 120

% Daily Value*

Total Fat 3g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 110mg 5%

Total Carbohydrate 23g 8%

Dietary Fiber 3g 11%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 22mg 2%

Iron 1mg 6%

Potassium 303mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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