

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
- 1 t dried parsley or 1 T fresh parsley
- 1 T canola oil
- 2 T all purpose flour
- 1 C water
- 1/4 C skim milk
- 1/4 t salt
- 1/2 t black pepper

What to do:

1. Defrost the corn in the fridge for a half hour.
2. Wash your hands.
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. Serve while it is still warm!



This is a picture of 1 serving.

Nutrition Facts

Serving Size 1/2 C

Amount Per Serving

Calories 130 **Calories from Fat** 30

%Daily Value*

Total Fat 3.5 g **5%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 105 mg **4%**

Total Carbohydrate 21 g **7%**

Dietary Fiber 2 g **8%**

Sugars 3 g

Protein 3 g

Vitamin A 6%

Calcium 2%

* Percent Daily Values are based on a 2,000 calorie diet.

FK= 3.3

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