

Corn and Hot Dog Bake

Serves 6

Size per serving: about 8oz

Ingredients:

3 Tbs Butter, unsalted

3 Tbs Flour, all purpose, white, bleached, enriched

¼ tsp Spice, pepper, black


1 ½ cup Milk, nonfat/skim, with added Vitamin A

2 ¼ Corn, yellow, sweet, kernels, f/frz, drained

3 Eggs, large, raw

¼ cup Bread Crumbs, plain, grated, dry

2 tsp Butter, unsalted

6 Hot Dogs, beef, pork & turkey 

Directions:

Melt 3 tablespoons of butter or margarine in a saucepan over a medium low heat. Blend in 3 tablespoons of flour and add the salt and pepper. Warm the milk and slowly stir into the flour and butter mixture to avoid lumps. Use a whisk as needed. Continue cooking over a moderate heat until smooth and thickened. Remove from heat. Add the defrosted corn. Slowly stir in the beaten eggs. Pour mixture into a lightly buttered 1 ½ quart baking dish. Top with bread crumb and dot with 2 tablespoons of butter. Bake at 350 degrees for 30 minutes.

Score each hot dog several times on the diagonal or lengthwise. Arrange hot dogs on top of casserole and bake an additional 15-20 minutes.
380 calories, 26g fat, 11g saturated fat, 0g trans fat, 700mg sodium, 2g fiber, 14g protein, 10% DV (daily value) for vitamin A, 10% DV for vitamin C, 15% DV for calcium and 10% DV for iron.

TREASURE BOX ITEMS= 

