

Hamburger Corn Hot Dish

What you need:

- 2 cans (10-¾ oz) 98% fat free cream of mushroom soup
- 8 oz light or fat free sour cream
- 1 can of corn (15 oz)
- 1 lb. 93% lean hamburger
- 2 1/2 cups whole wheat noodles (uncooked)



All you do:

1. Preheat oven to 350° F.
2. Brown Hamburger.
3. Cook noodles according to package directions.
4. Stir together soups, sour cream and corn in a baking dish while noodles are cooking.
5. When noodles are finished cooking drain and discard liquid.
6. Combine noodles, soup mixture and hamburger.
7. Bake for 30 minutes.

Nutrition facts per 1 cup serving: 290 calories, 10 g total fat, 3.5g saturated fat, 70mg cholesterol, 720mg sodium, 25g carbohydrate, 3g dietary fiber, 23g protein