



FIXATE RECIPES

CORN CASSEROLE

Serves: 9 (approx. 1 square each)

GF VG

Total Time: 55 min.

Prep Time: 10 min.

Cooking Time: 45 min.

1 (15-oz. / 420-g) can	whole corn kernels, drained	3 Tbsp.	chopped fresh chives
1 (15-oz. / 420-g) can	creamed corn	2 Tbsp.	unsalted butter
1 cup / 110 g	shredded cheddar cheese		(organic grass-fed, if possible), melted
1 cup / 105 g	cornmeal	2 tsp.	baking soda
1 cup / 240 g	reduced-fat sour cream	$\frac{3}{4}$ tsp.	sea salt (or Himalayan salt)
1	large egg	$\frac{1}{2}$ tsp.	ground black pepper

SPECIAL EQUIPMENT: Nonstick cooking spray

1. Preheat oven to 350° F (180 °C).
2. Lightly coat an 8 x 8-inch (20 x 20-cm) baking dish; set aside.
3. Add corn, creamed corn, cheese, cornmeal, sour cream, egg, chives, butter, baking soda, salt, and pepper to a large mixing bowl; stir to combine. Pour into prepared dish.
4. Bake for 45 minutes, or until golden on top and set in the middle.

Nutritional Information (per serving):

Calories:	199	Cholesterol:	49 mg	Fiber:	3 g
Total Fat:	12 g	Sodium:	865 mg	Sugars:	7 g
Saturated Fat:	5 g	Carbohydrates:	22 g	Protein:	8 g

PORTION FIX Container Equivalents (per serving)

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Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the **VG** icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.