

# Broccoli-Corn Dish

*Priscilla Perry*

*Unitarian Universalist Fellowship of Vero Beach, FL 2000*

*1 package (10 ounce)  
frozen cut broccoli, thawed.  
1 can creamed corn  
1 egg  
6 to 8 Saltine crackers,  
crushed  
2 tablespoons diced onion*

Preheat the oven to 350 degrees.

Cook the broccoli according to package directions.

In a bowl, mix the broccoli, corn, egg, crackers and onion.

Place the mixture in a greased casserole

Bake for 45 minutes.

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Per Serving (excluding unknown items): 252 Calories; 8g Fat (26.1% calories from fat); 10g Protein; 38g Carbohydrate; 2g Dietary Fiber; 212mg Cholesterol; 670mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1 Fat.