

# Corn Balls

*Helen J Brown*

*The Pennsylvania State Grange Cookbook (1992)*

## **Servings: 8**

*1 egg*

*1 small onion, chopped*

*1/8 teaspoon salt*

*pepper (to taste)*

*2 cups frozen corn, thawed*

*3 slices bacon, crisp-fried  
and crumbled*

*4 slices bread, torn into  
small pieces.*

*1/4 cup butter*

Preheat the oven to 325 degrees.

In a large bowl, beat the egg. Add the onion, salt, pepper, corn, bacon and bread pieces. Mix well.

In a one-quart baking dish, melt the butter.

Scoop the corn mixture into balls with an ice cream scoop. Place in the prepared baking dish.

Bake for 30 minutes.

*Fresh corn may be used in place of the frozen corn but it should be cooked for 3 minutes before proceeding with the recipe instructions.*

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Per Serving (excluding unknown items): 148 Calories; 8g Fat (48.4% calories from fat); 4g Protein; 16g Carbohydrate; 2g Dietary Fiber; 44mg Cholesterol; 206mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 1/2 Fat.