

# Delicious Corn Pudding

Ginny Simon

Unitarian Universalist Fellowship of Vero Beach, FL 2000

## Servings: 8

*4 eggs, separated  
2 tablespoons butter or  
margarine, melted and  
cooled  
1 tablespoon sugar  
1 tablespoon brown sugar  
1 1/2 teaspoons salt  
1/2 teaspoon vanilla extract  
1/4 teaspoon ground  
cinnamon  
1/4 teaspoon ground  
nutmeg  
2 cups (4 medium ears)  
fresh whole kernel corn  
1 cup light cream  
1 cup milk*

Preheat the oven to 350 degrees.

In a bowl, beat the egg yolks until thick and lemon-colored, about 5 or 6 minutes. Add the butter, sugar, brown sugar, salt, vanilla, cinnamon and nutmeg. Mix well.

Add the corn. Stir in the cream and milk.

In a separate bowl, beat the egg whites until stiff. Fold into the yolks. Fold the yolks into the corn mixture. Pour the mixture into a greased 1-1/2 quart baking dish.

Bake, uncovered, for 35 minutes or until a knife inserted near the center comes out clean. Cover loosely during the last 10 minutes of baking, if necessary, to prevent browning.

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Per Serving (excluding unknown items): 151 Calories; 12g Fat (72.2% calories from fat); 5g Protein; 6g Carbohydrate; trace Dietary Fiber; 138mg Cholesterol; 491mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 2 Fat; 1/2 Other Carbohydrates.