

# Creamed Corn Dip

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## **Yield: 3 cups**

*2 tablespoons olive oil  
1/2 cup sliced onions  
Kosher salt  
2 cups frozen corn  
1 clove garlic, chopped  
1 cup sour cream  
1/4 cup mayonnaise  
1/3 cup fresh parsley, finely  
chopped  
2 teaspoons grated  
Parmesan cheese  
freshly ground black pepper  
melba toasts, baguette  
toasts or celery sticks (for  
serving)*

## **Preparation Time: 20 minutes**

In a medium skillet over medium-low heat, heat one tablespoon of oil. Add the onions and 1/2 teaspoon of salt. Cook until soft and just starting to brown, about 4 minutes.

Add the corn and cook, stirring, until heated through and starting to turn golden, about 3 minutes. Add the remaining one tablespoon of oil and the garlic. Cook until fragrant, about 2 minutes.

Set aside 1/2 cup of the vegetable mixture. Transfer the rest to a food processor. Add 1/4 cup of water and process until mostly creamy with a little texture.

In a medium bowl, combine the sour cream, mayonnaise, parsley, Parmesan, 1/2 teaspoon of salt and 1/4 teaspoon of pepper. Add the puree'd vegetables and the reserved mixture. Stir to combine.

Refrigerate, covered, for at least one hour up to three days before serving.

Serve chilled, with dippers.

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Per Serving (excluding unknown items): 1463 Calories; 126g Fat (72.8% calories from fat); 21g Protein; 85g Carbohydrate; 10g Dietary Fiber; 124mg Cholesterol; 520mg Sodium. Exchanges: 4 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 1/2 Non-Fat Milk; 19 Fat.