

# Golden Kernel Pie

## What You'll Need

### Pie filling:

- 1 1/4 cups fat-free milk
- 2 3/4 cups fresh corn kernels (about 5 ears)
- 2 tablespoons all-purpose flour
- 1/2 cup green onions, thinly sliced
- 2 tablespoons jalapeño pepper, seeded and chopped
- 3 tablespoons chopped olives (optional)
- 2 large egg whites, lightly beaten
- 1 large egg, lightly beaten
- cooking spray

### Pie crust:

- 2 cups bread crumbs
- 1/2 cup crushed crackers
- 3 tablespoons grated fresh parmesan cheese
- 3 tablespoons soft tub margarine, melted
- 1 large egg white, lightly beaten

Serves 6

## Let's Cook!

- 1 Preheat oven to 400 degrees.
- 2 Combine bread crumbs, crackers and cheese. Add margarine and 1 egg white to dry mixture.
- 3 Mix with a fork until mixture is moist.
- 4 Coat a 9-inch pie plate with cooking spray.
- 5 Place crust mixture inside pie plate and press to the bottom and sides.
- 6 Bake for 5 minutes; set aside to cool.
- 7 Mix together pie filling ingredients in a medium bowl.
- 8 Pour mixture into cooled pie crust.
- 9 Bake at 400 degrees for 40 minutes or until center is cooked.

## Nutrition Facts

Serving Size (263g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 370	Calories from Fat 100
% Daily Value*	
<b>Total Fat</b> 11g	17%
Saturated Fat 5g	25%
Trans Fat 0g	
<b>Cholesterol</b> 50mg	17%
<b>Sodium</b> 830mg	35%
<b>Total Carbohydrate</b> 52g	17%
Dietary Fiber 4g	16%
Sugars 10g	
<b>Protein</b> 14g	
Vitamin A 8%	Vitamin C 10%
Calcium 20%	Iron 15%