

# creamed corn

Serves: 8

Prep and Cook time: 20 min

Per serving: 253 calories, 16.5 g fat, 373 mg sodium

2 TBS butter

1 cup heavy cream

1 tsp salt, or to taste

2 TBS sugar

1 cup milk

1/4 tsp black pepper,  
or to taste

2 TBS flour

2 (10 oz) package frozen  
corn kernels

1/4 cup parmesan  
cheese

1. In a skillet over medium heat, combine the corn, cream, salt, sugar, pepper, and butter.
2. In a medium bowl, whisk together the milk and flour, and stir into the corn mixture.
3. Cook stirring over medium heat until the mixture is thickened, and corn is cooked through, 5-10 minutes.
4. Remove from heat, and stir in the Parmesan cheese until melted. Serve hot.

