



Pantry Highlight: Cream-Style Corn

LET'S COOK!

1. Preheat oven to 350°F
2. In an oven proof 10-inch skillet, add olive oil and sauté mushrooms until softened. Add chopped spinach and sauté until starting to wilt (1-2 minutes). Remove from heat and set aside.
3. In a large bowl, whisk together eggs. Add corn, cheese and salt, and stir to combine.
4. Once oven is ready, and the pan has cooled a bit from sautéing the vegetables, pour egg mixture from bowl into the skillet – you can stir gently to evenly distribute the vegetables.
5. Place skillet into the oven and bake until lightly browning and set in the center (stick a fork or toothpick in center and it should come out fairly clean). This will be roughly 30 – 35 minutes.
6. Let stand for 5 minutes then cut into 6 wedges.

RECIPE: Vegetable Frittata

INGREDIENTS

- 1 Tb olive oil
- 1 cup chopped spinach
- 12 large eggs
- ½ cup thinly sliced mushrooms
- 1 can cream-style corn
- ½ cup grated cheese (try parmesan, sharp cheddar, pepper jack or any of your favs!)
- Salt to taste

NOTES:

Add or substitute any vegetables with your favorites!

*Adapted from realsimple.com