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Creamed Corn

Prep Time: 5 mins

Cook Time: 10 mins

Total Time: 15 mins

Ingredients

- ❖ 3 cup(s) corn, whole kernel, divided
- ❖ 3/4 cup(s) milk, lowfat (1%)
- ❖ 1 tablespoon cornstarch
- ❖ 1/4 teaspoon salt

Preparation

1. Place 2 cups corn, milk, cornstarch and salt in a blender; blend until smooth.
2. Transfer the puree to a medium saucepan, and add the remaining 1 cup corn.
3. Cook over medium-high heat, stirring constantly, until the mixture simmers and thickens and the corn is tender, 5 to 7 minutes.

