



Ham and Corn Casserole

12 Servings



- ½ c chopped green pepper
- ½ c sliced green onion
- 1 Tbsp olive oil
- 15 oz creamed corn
- 1 c skim milk
- 1/3 tsp pepper

- 4 oz cubed ham
- ½ c instant potato flakes
- 2 c shredded fresh sweet potatoes
- Vegetable cooking spray
- ¼ c grated Parmesan cheese
- 2 Tbsp sliced green onion tops

Directions:

In large skillet, over medium-high heat, sauté peppers, sweet potatoes, and onions in olive oil 4 to 5 minutes or until tender. Stir in corn, milk and pepper; bring to boil and remove from heat. Fold in ham and potato flakes. Pour into 9-inch square casserole dish lightly coated with vegetable cooking spray.

Sprinkle with cheese and onion tops. Bake at 375° F 25 minutes or until bubbly.

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Nutrition Facts	
Serving Size (110g) Servings Per Container	
Amount Per Serving	
Calories 130	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	4%
Cholesterol 5mg	2%
Sodium 210mg	9%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	7%
Sugars 2g	
Protein 5g	
Vitamin A 100% • Vitamin C 20%	
Calcium 6% • Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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