

Preheat oven to 350...use middle rack

Ingredients

1 can whole corn
1 can creamed corn
1 cup plain yogurt you can substitute sour cream or use low fat varieties
1 large egg
1/2 stick butter (melted)
1 box Jiffy corn muffin mix or other gluten free corn mix
non stick spray

Drain whole corn

Mix first 5 ingredients with spoon in large bowl, add corn muffin mix and mix well (do not use electric mixer) mix by hand.

Spray an 8" x 8" pan with cooking spray

Spread mixture evenly in pan and bake about 35-40 min or until toothpick comes out clean (oven temps vary, so keep an eye on it and check after 35/40 minutes and bake until done)

You can double recipe easily and bake in a 9" x 13" pan 60-70 min depending on oven. Check with wooden toothpick and when it comes out clean in center you're all set.

You can also add crisp chopped bacon, cooked chopped sausage or some veggies. Serve with a fresh garden salad on the side and you have a whole meal.

Happy cooking!