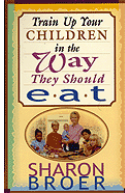


# Planting Tomorrow's Radio Show

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## Corn Casserole



By Sharon Broer, author of "[Healthy Country Cooking](#)" and "[Training Up Your Child In The Way They Should Eat](#)"

- 1/4 cup chopped green pepper
- 2 tbs. butter
- 1 can cream style corn (organic preferably)
- 1 can whole kernel corn (organic preferably)
- Dash of pepper
- 1/4 cup onion
- 1 beaten egg
- 1/2 cup milk
- 1/2 cup crushed crackers

Cook onion and pepper in 1 tbs. of the butter until tender. Combine egg, milk, 1/3 cup crackers and pepper. Stir in onion mixture and corn. Pour into buttered 1 quart casserole dish. Melt remaining butter, toss with remaining crumbs. Sprinkle crumb mixture on top of corn mixture. Bake at 350 degrees for 35 minutes or until a knife inserted in the center comes out clean.

Serves 6-8