

# Makeover Monday ~ Quick Corn Casserole

It is Monday, so it is time for another recipe makeover. I love to take favorite recipes and make them THM friendly. One of the biggest hurdles people have to overcome is thinking that healthy eating means never having their favorite foods again. The truth is that you can make a healthy version of almost any meal. And most meals don't require that much work to re-make!

We are fast approaching the holidays and with that comes all of the traditional holiday favorite dishes! I am currently running a Holiday accountability group and one of the members asked me if I would remake the traditional [Jiffy Corn Casserole](#). I have often made and loved this recipe in the past and I have no idea why I had never tried to remake it. Turns out it was super simple to do. It barely took me any more time than the original recipe and it is still super delicious!

The original recipe uses a box of Jiffy Corn Muffin mix. Well, that little box is a dietary nightmare, containing white flour, corn meal and sugar. So the first step is to make your own dry mix. This was easily done. I used Masa (which is treated ground corn, easier on the blood sugar than regular corn flour), oat fiber and THM Sweet Blend. You could also use THM Baking Blend instead of Oat Fiber if you wanted to instead. If you choose to use a DIY Baking blend you will need to watch the fat content to keep this from becoming a crossover.

One other note about the ingredients in this casserole. This is an E recipe and I used whole eggs which are an S ingredient on the Trim Healthy Mama plan. However this recipe make at least 8-10 servings. At those portion sizes you get 11 – 14g net carbs and 1-1.5g fat per serving which is well within the number range for a THM E meal. If you wanted to add fat from other sources and did not want any fat coming from this dish you can choose to use 1/2 cup egg whites instead of 2 whole eggs in this recipe.

## What You Will Need:

- [oat fiber](#) or THM [baking blend](#)
- [Masa](#)
- THM [Super Sweet](#)
- baking powder
- [Mineral salt](#)
- glucomannan or xanthan gum
- whole kernel corn
- eggs or egg whites
- 0% Greek yogurt

## Quick Corn Casserole ~ THM E

My take on the traditional corn casserole, no boxed mix required!

- 1/2 cup Oat Fiber
- 1/2 cup Masa
- 2 tsp THM Sweet Blend

- 1 tbsp baking powder
- 1/2 tsp mineral salt
- 1/2 tsp glucomannan (or xanthan gum)
- 1 can whole kernel corn (not drained)
- 1 can whole kernel corn (creamed in food processor)
- 2 eggs (can use 1/2 c egg whites)
- 1/2 cup 0% Greek yogurt

1. Place oat fiber, masa, sweet blend, baking powder, salt and glucomannan in a small bowl and whisk to combine. Set aside.



2. Place one can of corn, not drained into a food processor or blender and process until it is the consistency of creamed corn. (Note, it will be more runny than traditional creamed corn. Don't worry, your thickening agents are in your dry mix.)



3. Place "creamed corn", second can of whole kernel corn (not drained), Greek yogurt and eggs in a large bowl and stir to combine.



4. Add dry ingredient mix to wet ingredients and stir to combine. You can use a spatula or a large whisk. Pour mixture into a well greased casserole dish.



5. Bake for 35-45 minutes or until top is golden and the center does not jiggle. It should be creamy, but not liquidy. The larger your casserole dish, the less bake time you will need.



Because this is an E recipe and I have used whole eggs I want to break down the nutritional facts for you.

This entire recipe has 110g net carbs and 10g fat.

That means that when you divide it into 8-10 servings you are looking a between 11 & 14g net carbs and 1 – 1.5g fat per serving. This fits very well into an E setting. You can choose to use egg whites in this recipe to eliminate any fat in it if you'd like, just substitute 1/2 c egg whites for the two eggs.

I chose to use the whole eggs because the original recipe called for quite a bit of fat and I did not want to take the fat out all together.

Do you have a favorite recipe you would like me to THM'ify? Comment below and I will see what I can do!

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