

Zucchini Cornbread

- 2-3 zucchini, quartered and thinly sliced
- ½ cup chopped onions
- ½ cup evaporated skim milk or nondairy creamer
- 3 egg whites or equivalent egg substitute
- 1 (8½-ounce) package corn muffin mix
- ¾ cup (3 ounces) finely shredded reduced-fat sharp cheddar cheese

Preheat the oven to 375°. Lightly spray an unheated large skillet with no-stick vegetable spray. Add the zucchini and onions. Cook and stir over medium-high heat until the zucchini is crisp-tender. Remove from the heat and set aside.

Lightly spray a 9" pie plate with no-stick spray.

In large bowl, beat together the milk and egg whites. Stir in the muffin mix just until combined. Then fold in the zucchini mixture and ½ cup of the cheese.

Transfer the mixture to the prepared pie plate. Sprinkle with the remaining cheese. Bake about 30 minutes until golden brown and a toothpick inserted in the center comes out clean.

Makes 6 servings