



SWEET CORN TAMALE PIE

(Courtesy of the National Honey Board)

INGREDIENTS:

1-1/4 cup yellow cornmeal
1/3 cup Dutch Gold Clover honey
1 tbsp. baking powder
1/4 tsp. salt
16oz. non-fat cottage cheese
16oz. frozen petite corn kernels, thawed
3 green onions, finely chopped
4 egg whites
2 14-1/2 oz. cans Mexican-style stewed tomatoes

DIRECTIONS:

Preheat oven to 350°F. Spray 8" glass pie plate with non-stick vegetable oil spray.

Recipes courtesy of DUTCH GOLD HONEY, INC.
Purchase Dutch Gold Honey at www.dutchgoldhoney.com

Mix together the first four ingredients in a large bowl. Mix in cottage cheese, then corn and green onions. Beat egg whites until stiff but not dry in another large bowl. Fold egg whites into cornmeal mixture in two additions.

Transfer batter to prepared pie plate. Bake until top is golden and feels firm in center, approximately 50 minutes. Let stand for 10 minutes.

Boil stewed tomatoes in heavy medium saucepan over medium-high heat until reduced to sauce consistency, about 10 minutes.

Cut pie into wedges. Spoon tomato sauce over and serve.

Serves 8 to 10

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