



Spinach Corn Casserole

Ingredients

- 1 16 oz package frozen spinach, thawed and drained
- 2 cans creamed corn
- 1 tbsp. canola oil
- 2 tsp. vinegar
- 1 tsp. salt
- 1 large onion, minced
- ½ cup breadcrumbs
- shredded cheese for topping

Flip for step-by-step instructions





Instructions

1. Preheat oven to 400°F.
2. Mix all ingredients except breadcrumbs and cheese together in baking dish.
3. Top with breadcrumbs and cheese.
4. Bake for 20-25 minutes.

Source: Heart Healthy Latino Recipes