

# Rosemary Spoon Bread

**Prep: 10 minutes**

**Bake: 45 minutes • Serves: 8**

- Nonstick cooking spray
- ½ cup unsalted butter (1 stick)
- 2 large eggs
- 1 can (15 ounces) creamed corn
- 1 container (8 ounces) [Breakstone's sour cream](#)
- 2 teaspoons chopped fresh rosemary leaves
- 2 teaspoons honey
- ½ teaspoon salt
- 1 box (8.5 ounces) corn muffin mix
- 2 cups frozen corn

**1.** Preheat oven to 375°. Spray 8 x 8-inch glass or ceramic baking dish with nonstick cooking spray. In small microwave-safe bowl, heat butter in microwave oven on high 1 to 1½ minutes or until melted.

**2.** In large bowl, whisk together eggs and butter until well blended; stir in creamed corn, sour cream, rosemary, honey and salt. Add muffin mix and stir until well combined; fold in corn. Transfer corn mixture to prepared baking dish. Bake 45 to 50 minutes or until toothpick inserted in center comes out clean.

*Approximate nutritional values per serving:*

*373 Calories, 21 g Fat (12g Saturated), 92mg Cholesterol, 585mg Sodium, 40g Carbohydrates, 3g Fiber, 6g Protein*