

Corn and Tomato Bake

- 2 tablespoons olive oil
- 1-1/2 cups chopped onions
- 5 cups fresh corn kernels (from about 7 ears)
- 1/8 teaspoon ground nutmeg
- 2-1/2 cups half and half
- 3 large eggs
- 2 large egg whites
- 1/4 teaspoon hot pepper sauce
- 2 cups diced seeded tomatoes, drained
- 1/2 cup chopped fresh basil

Preheat oven to 350°F. Heat olive oil in heavy large skillet over medium-high heat. Add chopped onions to skillet. Sauté until onions are translucent. Add corn kernels and sauté until cooked through, about 6 minutes. Stir in ground nutmeg. Season to taste with salt and pepper. Cool. Lightly oil a 2 quart baking dish, or spray with nonstick spray. Combine half and half, eggs, egg whites and hot pepper sauce in large bowl and whisk to blend. Stir corn mixture into custard. Pour into prepared dish. Bake until custard is set, about 30 minutes. Remove custard from oven. Season tomatoes with salt and pepper. Spread evenly over custard. Bake until tomatoes are heated through, about 8 minutes. Sprinkle with basil and serve. (Serves 6).