



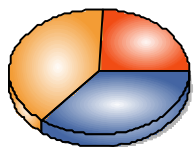
## Corquichetador

Comment: A new type of fun crust!

By: Modified from Graham Kerr by DrJez LLC

Recipe grams: 1267.57g/44.7oz

Serves 4 316.89g/11.2oz per serving



Protein: 22%  
Carbohydrates: 55%  
Fat: 23%

### INGREDIENTS

1/2 cup WHITE RICE, LONG GRAIN, DRY  
1 dash SALT, TABLE  
1/4 tsp WHITE PEPPER, GROUND  
1/4 cup EGG SUBSTITUTE, LIQUID  
2 cups CORN, YELLOW, FROZEN  
3/4 cup MILK, COW'S, NONFAT, EVAPORATED (SKIM)  
1 tsp OLIVE OIL, EXTRA VIRGIN  
1 cup ONION, RAW  
1 tsp OREGANO, DRIED  
9 sprigs CORIANDER, RAW (CILANTRO, CHINESE PARSLEY)  
1/2 cup RED PEPPER, SWEET, RAW  
3/4 cup EGG SUBSTITUTE, LIQUID  
1 tbsp MUSTARD, PREPARED, HONEY DIJON  
1/2 cup PARMESAN CHEESE, GRATED, REDUCED FAT  
1/4 cup PARMESAN CHEESE, GRATED, REDUCED FAT  
1/4 cup FONTINA CHEESE, SHREDDED  
2 tsp WHITE PEPPER, GROUND

### DIRECTIONS

Thaw and drain corn thoroughly.

Preheat oven to 350°F

Prepare rice according to package instructions. When done, immediately combine with parmesan, salt, pepper and egg substitute. Press into the bottom of a square baking pan coated with cooking spray.

Chop sweet pepper into small chunks. Dice onion.

In a food processor, combine 1 1/2 cups of corn with 2 Tbsp evaporated milk. Puree until smooth. When smooth, add remaining milk, parmesan, mustard and white pepper.

In a small skillet, add olive oil and heat gently. Add onion and saute until softened. Add remaining corn, oregano, cilantro and sweet pepper. Layer over rice crust in baking pan.

Pour 1/2 of puree over the top, coating evenly. Place in oven and bake for 12 minutes.

Remove from oven, and pour remaining puree over the top. Return to oven and bake until lightly browned and set, approximately 35-40 minutes.

Remove, and sprinkle with fontina cheese. Allow to set up for 1 minutes before cutting into quarters.

### Nutrition Facts

Serving Size: 1 serving (316.9g)

Servings: 1

#### Amount Per Serving

Calories 410 Calories from Fat 100

% Daily Value\*

**Total Fat** 11g **15%**

Saturated Fat 2g **10%**

Trans Fat 0g

**Cholesterol** 35mg **10%**

**Sodium** 630mg **25%**

**Total Carbohydrate** 58g **20%**

Dietary Fiber 3g **15%**

Sugars 11g

**Protein** 23g

Vitamin A 30%

• Vitamin C 80%

Calcium 35%

• Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet.