

Daddy's Fried Corn and Onions

Ingredients:

- 4 ears corn
- 2 tablespoons butter
- 1 small sweet onion, diced
- salt and pepper

Directions:

Cut corn kernels from cob. Melt butter in a medium skillet over medium heat. Sauté corn kernels just until tender, then mix in onion.

Continue to sauté until onion is just beginning to turn crispy. Season with salt and pepper for taste.

Nutrients per serving:

Calories	128	Cholesterol	16 mg
Total Fat	7 g	Sodium	72 mg

Courtesy of: www.allrecipes.com and www.applesforhealth.com