

## **Corn and Ham Scallop**

Recipe Cookbook: Tupperware Recipes

Prep Time: 15 minutes

Cooking Time: 25-30 minutes

### **INGREDIENTS:**

2 jars (6-7 oz each) roasted red peppers, drained  
1/2 tsp hot red pepper sauce  
2 TBS butter or margarine  
1/2 C chopped scallions  
2 TBS all-purpose flour  
1 C milk  
1/2 tsp dried thyme  
1/2 tsp salt  
1/4 tsp black pepper  
3 eggs, separated & at room temperature  
2 C corn kernels (frozen, fresh or canned)  
4 ounces lean baked ham, diced

### **DIRECTIONS:**

1. Dice enough red pepper to equal 1/4 C - reserve. In blender or food processor, purée remaining red peppers - stir in hot pepper sauce - set aside.
2. Preheat oven to 400° F.
3. In OvenWorks™ 2-quart Square casserole, place butter & scallions. Microwave on High 2-3 minutes till scallions are soft. Stir in flour, then whisk in milk, thyme, salt & pepper. Microwave on High 3-5 minutes till mixture has thickened. Whisk in egg yolks, then stir in corn, ham & diced red pepper.
4. In medium bowl, with electric mixer at high speed, beat egg whites to form stiff peaks. Stir 1/4 of the egg whites into corn mixture - then gently fold in remaining egg whites.
5. Bake in preheated oven 15-20 minutes till puffed & golden brown. Pour about 1/4 C red pepper purée on each plate; top with serving of the casserole.

Serves: 6