

Sweet Cream Corn

Chef Brian West

Servings: 1

3 fluid ounces heavy cream

1 fluid ounce cream cheese

3/8 tablespoon honey

1/4 tablespoon vanilla extract

1 pound corn, fresh or frozen

salt and black pepper, to taste

IN a sauce pot heat cream, add cream cheese and stir until melted

Add honey and vanilla (may not need depending on the corn)

Add corn and cook till cooked, sauce will thicken

Season to taste

Per Serving (excluding unknown items): 583 Calories; 45g Fat (66.4% calories from fat); 9g Protein; 42g Carbohydrate; 4g Dietary Fiber; 154mg Cholesterol; 144mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1/2 Non-Fat Milk; 8 1/2 Fat; 1/2 Other Carbohydrates.