Pacific Islands & Oceania
CHEESE CORN TOAST



INGREDIENTS

- 12 Slices Bread (at least 28 grams each; enriched or whole grain rich)
- Butter (for toasting)
- 2 Tablespoons Butter
- 3 Tablespoons Flour (enriched or whole grain rich)
- 2 Cups Milk (warm)
- 2 Tablespoons Garlic (minced)
- ¾ Cup Onion (finely chopped)
- 3 Cups Shredded Cheddar Cheese
- 2 Cups Corn (cooked, drained)
- 2 Teaspoons Italian Seasoning
- 4 Teaspoons Dried Parsley
- 1 Teaspoon Red Pepper Flakes
- Salt and Pepper (to taste)

DIRECTIONS

1. Preheat the oven to 350°.
2. Melt 2 tablespoons butter in a saucepan over medium-low heat. Add garlic and ½ cup of the onion. Sauté until the onion is translucent.
3. Stir in the flour and cook for 2 minutes, stirring constantly. Do not let it brown.
4. Slowly whisk in the warm milk until smooth. Bring to a boil, then simmer for 2 minutes, whisking often, until the sauce coats the back of a spoon.
5. Season with salt and pepper. Stir in 1 cup of the cheese until melted. Remove from heat.
6. Stir in the corn, Italian seasoning, half of the parsley and half of the red pepper flakes.
7. Lightly butter both sides of the bread and toast in a skillet until golden. Place on a baking sheet.
8. Spread the cheese-corn mixture evenly over the toasts. Top with the remaining cheese, onion, parsley and red pepper flakes.
9. Bake on the top rack for 5-6 minutes, until the cheese is melted. Serve warm.

MEAL PATTERN CONTRIBUTION

Grain
Meat/Meat Alternate

MEAL TYPE

Snack

YIELD

12 Toasts

PORTION SIZES

Toddler:	½ Toast
Preschool:	½ Toast
School Age:	1 Toast
Adult:	1 Toast