

SIDE DISH

Roasted Garlic and Corn Soufflé

3 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$0.95	147 kcal

You can never have too many side dish recipes, so give Roasted Garlic and Corn Soufflé a try. This recipe serves 6 and costs 95 cents per serving. One serving contains 147 calories, 11g of protein, and 5g of fat. It is a good option if you're following a lacto ovo vegetarian diet.

Ingredients

- ☐ ¼ teaspoon black pepper
- ☐ 4 large egg whites
- ☐ 3 tablespoons all-purpose flour
- ☐ 2 cups fresh corn kernels (about 4 ears), divided
- ☐ 2 whole garlic heads
- ☐ 0.1 teaspoon ground red pepper
- ☐ ½ teaspoon salt
- ☐ ½ teaspoon cream of tartar
- ☐ 4 large eggs, lightly beaten
- ☐ 2 teaspoons chopped fresh chives
- ☐ 1 teaspoon chopped fresh thyme
- ☐ ¼ teaspoon ground nutmeg
- ☐ 1½ cups 2% reduced-fat milk

EQUIPMENT Food processor, Bowl, Sauce pan, Oven, Whisk, Blender, Aluminum foil

Method

- 1

Preheat oven to 35
- 2

Remove white papery skin from garlic heads (do not peel or separate the cloves). Wrap each head separately in foil.
- 3

Bake at 350 for 1 hour; cool 10 minutes. Separate cloves, and squeeze to extract garlic pulp. Discard skins.

- 4 Place garlic pulp and 1 cup corn in a blender or food processor; process until smooth. Set aside.
- 5 Cut a piece of foil long enough to fit around a 2-quart souffl dish, allowing a 1-inch overlap; fold foil lengthwise into thirds. Lightly coat one side of foil and bottom of dish with cooking spray. Wrap foil around outside of dish, coated side against dish, allowing it to extend 4 inches above rim to form a collar; secure with string or masking tape.
- 6 Place flour in a medium saucepan. Gradually add milk, stirring with a whisk until well blended. Stir in garlic mixture; bring to a boil over medium heat. Cook 1 minute or until thick, stirring constantly.
- 7 Preheat oven to 40
- 8 Place eggs in a large bowl. Gradually add hot milk mixture to eggs, stirring constantly with a whisk. Stir in remaining 1 cup corn, chives, and next 5 ingredients (chives through red pepper).
- 9 Place egg whites and cream of tartar in a large bowl; beat with a mixer at high speed until stiff peaks form. Gently stir one-fourth of egg white mixture into corn mixture. Gently fold in remaining egg white mixture.
- 10 Pour mixture into prepared dish.
- 11 Bake at 400 for 10 minutes. Reduce oven temperature to 350 (do not remove souffl from oven); bake an additional 45 minutes or until puffed and golden. Carefully remove foil collar.
- 12 Serve immediately.

Nutrition per serving

147 KCAL	11 g PROTEIN	5 g FAT	16 g CARBS
Saturated Fat			2 g · 12% of daily needs
Fibre			1.2 g · 5% of daily needs
Sugar			6.4 g · 7% of daily needs
Sodium			313 mg · 14% of daily needs
Cholesterol			129 mg · 43% of daily needs
Vitamin C			4.5 mg · 5% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/roasted-garlic-and-corn-souffle-147380