# Corn and Olive Casserole

2 – 2.25 oz cans of sliced olives
2 – 15 oz cans of creamed corn
1 – 6 oz cans of green chili peppers
1 minced onion
5 large eggs
1/2 cup of cornmeal
1/3 cup of whole wheat flour
1/2 teaspoon of salt
1/2 teaspoon baking soda
1/2 cup of grated parmesan cheese
1/2 cup of instant mashed potatoes (or instant hummus)
Mix all the ingredients except the instant mashed potatoes in a bowl and place into a greased 9×13 inch casserole dish.
Bake for 50 minutes at 350 degrees.
Chop the casserole into large pieces and slice into two layers.
Place the pieces on dehydrator trays and dehydrate at 140 degrees overnight or until all dry.
This makes 4 4-ounce servings. One serving is enough for a hungry person's dinner.
This can be rehydrated in a pot or a microwavable plastic bag.
To rehydrate – add about 2 cups of boiling water and keep warm for 10 minutes. Stir or squeeze the pouch a few time during the 10 minutes.
After the 10 minutes, add enough instant mashed potatoes to absorb most of the water. Don't try to absorb it all.
Note: I think you could substitue 1/3 cup instant mashed potatoes for the 1/3 cup flour to make this a gluten-free recipe.

You can substitute instant hummus for the instant mashed potatoes in the final step to absorb the excess water.

Freeze the dehydrated servings until ready to take on a trip. Storing these at room temperature is okay but the portions will keep their flavor better if stored in the freezer. You can freeze them for a year before using. The more airtight the better.

Switchback Steve