Cornbread: Crawfish, Shrimp or Crab (Ray)

1 bell pepper, chopped  
1 onion, chipped  
½ stick Butter  
1 lb Louisiana Crawfish (or Shrimp, or Crab) cooked, chipped  
1 egg  
1 cup Grated cheddar cheese  
1 (8.5oz) can cream-style corn  
1 box Jiffy Corn Muffin Mix  
Pam vegetable spray

Sauté veggies in butter.   
Combine all other ingredients and mix well.  
Put in greased 9x11 baking dish.  
Bake at 400°F for 40-45 minute.  
Serve hot or cold cut into small squares.