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.