

Cornbread

HEALTHIER TRADITIONS COOKBOOK™

Soul Food

1 HOUR | SERVES 10

INGREDIENTS

- 1 cup whole wheat flour
- 1 cup cornmeal
- 1 tablespoon sugar
- 1½ teaspoons baking powder
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 1 cup buttermilk
- ¼ cup unsalted butter, melted*
- 2 eggs, beaten
- 2 jalapeño peppers, ribs and seeds removed, minced
- 1 tablespoon safflower oil (or another high-heat cooking oil)

***Note: Replace with 3 tablespoons of olive oil for a more heart-healthy option**

DIRECTIONS

1. Preheat oven to 400°F.
2. Combine all dry ingredients in medium bowl. Stir in buttermilk, butter, and eggs until just combined. Mix in jalapeños.
3. In 10-inch oven proof skillet, heat oil over medium-high heat and spread to coat entire skillet. Pour batter into pan, then remove from stove and place in oven. Bake 15–20 minutes, until toothpick inserted into the center comes out clean/dry.

NUTRITION FACTS

167 calories, 8g fat, 4g saturated fat, 345mg sodium, 21g carbohydrate, 2g fiber, 3g sugar, 5g protein