

Grandma's Jalapeno Corn Bread

Unit: Large Skillet

1 ¼ - Cups of yellow corn meal	2 - Eggs
¾ - Cup of flour	1 - Cup of milk
2 - tsp. Baking powder	3-4 - Jalapenos, diced
¼ - tsp. baking soda	¼ - onion, cut on #2 blade
1 - tsp. of salt	1 - Tbsp sugar
4 - Tbsp. Butter	½ - cup sharp cheddar cheese,
8 - Ounces of cream style corn	(cut on #1 blade)

In medium bowl, combine the dry ingredients. In a separate bowl, beat the eggs lightly and stir in the milk. Add the liquid mixture to the dry mixture and stir in all remaining ingredients, except for the butter.

In a skillet, melt butter over medium heat. Spread the butter evenly over the unit including the sides of the skillet. Pour into the skillet and reduce the heat to just above low heat. Cover and cook for 15-20 minutes until baked through. Cut corn bread with a plastic utensil.



HEALTH QUEST