

JALAPENO CORNBREAD

2 1/2 c cornmeal
1 c whole wheat flour
2 T sugar (or 1 T Xagave)
1 T salt
4 t baking powder
3 eggs
1 1/2 c milk
1/2 cup oil
1/2 c cream corn
6 - 8 jalapeno peppers chopped
2 c grated sharp cheese
1 large onion grated

Preheat oven to 425 degrees.

Spray 2 9x13 pans with Vegeline

In Bosch Mixer bowl with cookie whisks attached, stir together cornmeal, flour, sugar, salt and baking powder.. In a separate bowl, beat eggs lightly, stir in milk and oil. Add liquid mixture to the dry ingredients in the Bosch bowl. Add the corn, jalapenos, cheese and onion. Stir until just blended. Pour into greased pans and bake for 25 minutes or until done in center.

WWW.HEALTHYKITCHENS.COM