

Fresh Corn Cornbread

Combine:

2 cups cornmeal
¼ cup honey or brown sugar
1 t. salt
1 t. baking soda

Mix in:

2 cups milk, yogurt or combination
3 eggs, beaten
2 cups corn
1 t. hot or mild green chilies, minced
(optional)

Pour into greased 2 ½ qt. baking pan. Bake in preheated oven at 350° until toothpick inserted in center comes out clean, about 40 min.

Cooking For Real with Yvonne & Denise (Triskeles Inc.'s Food for Thought Partners)
Hands-on Cooking and Nutrition for all ages
