



Confetti Cornbread

Servings 9 | Prep time 20 mins. | Total time 50 mins.

Equipment:

Medium bowl
Large bowl
Baking dish

Utensils:

Mixing spoon or spatula
Measuring cups and spoons

Ingredients

1 cup low-fat milk
1 tablespoon white vinegar OR lemon juice
1 (red, orange, or green) bell pepper, diced OR
2 (jalapeño or serrano) peppers, seeds removed
1 large egg
1/3 cup plain low-fat yogurt
1 cup all-purpose flour
1 cup cornmeal
1/3 cup sugar
2 1/2 teaspoons baking powder
1/4 teaspoon salt
Non-stick spray

Instructions

1. Before you begin, wash your hands, surfaces, produce, and utensils.
2. Add white vinegar or lemon juice to milk to make homemade buttermilk. Mix thoroughly and set aside for 5-10 minutes.
3. Preheat oven to 400 degrees.
4. In a medium bowl, beat egg slightly with a fork.
5. Add homemade buttermilk, yogurt, and peppers to the egg. Mix until smooth.
6. In a large bowl, mix flour, cornmeal, sugar, baking powder, and salt.
7. Add egg mixture to dry ingredients. Blend with a rubber spatula or mixing spoon until just moist, and only small lumps remain. Do not overmix or cornbread will be too dense.
8. Coat a baking dish with non-stick spray. Pour in batter.
9. Bake on middle rack of oven until edges are lightly browned and a toothpick inserted in the middle comes out clean, about 25–30 minutes. Remove from oven. Let cool in pan for 10 minutes before serving.

Nutritional Information:

Calories 170
Total Fat 1g
Sodium 230mg
Total Carbs 35g
Protein 5g