

Cornbread Salsa

1 cup all-purpose flour
1/2 cup whole-wheat flour
1/2 cup cornmeal
2 teaspoons baking powder
1/2 teaspoon salt
Freshly ground pepper, to taste
3 large eggs, lightly beaten
1/2 cup buttermilk, or equivalent buttermilk powder
1 tablespoon butter, melted
1 tablespoon honey
1/2 cup drained canned corn kernels
1 small onion, diced
1/2 cup chopped tomato
1 clove garlic, minced
1 jalapeno pepper, seeded and minced
1/2 cup grated Cheddar cheese



- ✦ Preheat oven to 425° F and grease a baking dish (can you muffin cups as well)
- ✦ Whisk all-purpose flour, whole-wheat flour, cornmeal, baking powder, salt and pepper in a large mixing bowl
- ✦ Whisk eggs, buttermilk, butter and honey in a medium bowl. Add the egg mixture to the dry ingredients; mix with a rubber spatula. Stir in corn, onion, tomato, garlic and jalapeno (you can mix in the cheese now or spread it on top of the batter in the next step)
- ✦ Spread the batter in the baking dish, spreading evenly. Sprinkle cheese over the top. Bake the cornbread until golden brown and a knife inserted into the center comes out clean, 20 to 25 minutes
- ✦ Serve warm