



Makes 9 servings. 3-inch square piece of cornbread and ½ cup blackeye peas per serving.

Prep time: 10 minutes **Cook time:** 50 minutes

Nutrition information per serving: Calories 329, Carbohydrate 54 g, Dietary Fiber 7 g, Protein 12 g, Total Fat 8 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 25 mg, Sodium 203 mg

Cornbread with Spicy Blackeye Peas

Serve with Oven Fried Chicken for a family dinner.



INGREDIENTS

6 cups water	¼ cup vegetable oil
1½ (16-ounce) package frozen blackeye peas	1 cup lowfat buttermilk
1 cup cornmeal	1 cup frozen corn, thawed
1 cup all-purpose flour	nonstick cooking spray
¼ cup sugar	1 medium onion, chopped
1 tablespoon baking powder	2 cloves garlic, finely chopped
1 egg, beaten	1 jalapeño pepper, seeded and chopped (optional)

PREPARATION

1. Place an oven rack in the middle of the oven. Preheat oven to 425°F.
2. In a medium-size pot, bring water to a boil over high heat.
3. Add blackeye peas and return to a boil. Lower the heat to medium and simmer for 30 minutes.
4. While the blackeye peas are cooking, mix cornmeal, flour, sugar, and baking powder in a medium bowl.
5. Add the egg, oil, buttermilk, and corn to the flour mixture. Mix ingredients until just blended (there may be a few small lumps).
6. Spray a 9 x 9-inch square pan with nonstick cooking spray.
7. Pour the batter into the pan.
8. Bake 20 to 25 minutes or until a wooden toothpick inserted in the center comes out clean.
9. As the cornbread continues to bake, drain the blackeye peas and keep half a cup of cooking water.

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Cornbread with Spicy Blackeye Peas *(continued)*



PREPARATION

10. Spray a skillet with nonstick cooking spray and sauté onions and garlic over medium heat until tender, about 3 minutes.
11. Add blackeye peas, jalapeño pepper, and reserved cooking water to the skillet and continue to simmer and stir for 5 minutes more.
12. Serve a square of cornbread over $\frac{1}{2}$ cup of blackeye peas.

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