

Makes 9 servings. 3-inch square piece of combread 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

1½ (16-ounce) package frozen blackeye peas

1 cup cornmeal

1 cup all-purpose flour

1/4 cup sugar

1 tablespoon baking powder

1 egg, beaten

1/4 cup vegetable oil

- 1 cup lowfat buttermilk
- 1 cup frozen corn, thawed nonstick cooking spray
- 1 medium onion, chopped
- 2 cloves garlic, finely chopped
- 1 jalapeño pepper, seeded and chopped (optional)

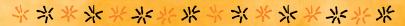
PREPARATION

- 1. Place an oven rack in the middle of the oven. Preheat oven to 425°E.
- 2. In a medium-size pot, bring water to a boil over high heat.
- 3. Add blackeve 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 ½ cup of blackeye peas.