

# Jalapeno Cheddar Cornbread

**NUMBER OF SERVINGS: 12 muffins**

## Ingredients

- Cornmeal 1 ¼ cup (310 mL)
- All purpose flour 1 cup (250 mL)
- 1% or 2% milk 1 cup (250 mL)
- Egg 1
- White sugar ½ cup (125 mL)
- Vegetable oil 1 Tbsp (15 mL)
- Salt ½ tsp (2.5 mL)
- Ripe small Jalapeno peppers 2 to 3
- Old cheddar cheese 1 cup (250 mL)
- Chili peppers (optional) 1 tsp (5 mL)
- Paprika (optional) 1 tsp (5mL)

## Directions

1. Preheat oven to 350°F (180°C).
2. Grate cheese and set aside.
3. Clean peppers of seeds and dice into small pieces.
4. Mix cornmeal, flour, and sugar together in a bowl.
5. Add milk and egg, and mix until it is even in consistency.
6. Add jalapenos. Optional: add chili peppers and paprika.
7. Mix in cheddar cheese.
8. Pour mix into muffin tin. Since there is no rising agent, you can fill the tin close to the top.
9. Bake for 15-18 minutes, or until the tops are golden brown.



The corn grown in Ontario is almost 95% grain corn with sweet corn making up 1%.



Freeze extra portions in a sealed plastic freezer bag to snack on later.



Bill is a grain farmer from Highgate, ON: “Corn, wheat and soybeans are grown in a rotation in each field, rather than continuously year after year. A crop rotation has benefits for the management of weeds, pests, diseases, soil fertility, and crop residues.”

## NUTRITION PER SERVING

Calories 242 | Protein 4 g | Fat 9 g | Carbohydrates 31 g | Fibre 2 g | Sodium 257 mg

# Snacks



Recipe  
provided by:

