

## Mexican Cornbread

- 3/4 cup cornmeal
- 1 1/4 cup flour
- 3 teaspoons baking powder
- 1 teaspoon sea salt
- 1/4 cup sugar
- 1 medium yellow onion, finely chopped
- 2 tablespoons olive oil
- 1 clove garlic minced
- 1 - 3 jalapeño peppers, depending on your desire for heat, finely chopped
- 1 cup whole kernel corn, drained. (Set aside liquid from corn for use in this recipe)
- 1/4 cup melted butter
- 1 egg, beaten
- 1 four ounce can of green chilies, minced and drained
- 1 1/4 cups grated, Monterey jack or cheddar cheese, or a little of both
- 3/4 cup skim milk



In a large bowl combine the cornmeal, flour, baking powder, sea salt, sugar, and mix well.

Sauté the onion in the olive oil for 25 - 30 minutes, starting out on medium high heat and then lowering to low after the onion starts cooking. Stir frequently. At the end of 30 minutes, the onion should have cooked down to about 1/2 of what you started with and be a golden brown.

Add the minced garlic and sauté an additional 5 minutes being careful not to burn the garlic. Stir constantly. Remove the onion/garlic mixture to a small bowl.

Add a little more oil to the pan and sauté the jalapeño for 8 - 10 minutes on medium high heat. Add the jalapeño and green chilies to the onion/garlic mixture.

Add the corn, butter, milk, and egg to the dry ingredients and mix until just moistened. Do not over mix. Add liquid from canned corn to desired consistency. Stir in the onion, garlic, jalapeño, green chili mixture, and cheese until just mixed in.

Pour the cornbread mixture into a greased 9-inch square glass oven-proof dish. Bake at 375° for 30-35 minutes. Using mini muffin pans (makes 48), bake 13 – 15 minutes, or until edges turn golden brown.

### **Variation**

Hatch chili may be substituted for the jalapeño. Use hot or mild, depending on desired heat.