RECIPE

Cornbread with Spicy Blackeye Peas

Serve with oven fried chicken for a family dinner.

Makes: 9 servings
Prep Time: 10 minutes
Cook Time: 50 minutes

Source: cdph.ca.gov Soulful Recipes

Small Changes, BIG Difference!

Ingredients

- 6 cups water
- 1½ (16-ounce) frozen or canned blackeye peas
- 1 cup cornmeal
- 1 cup all-purpose flour
- ¼ cup sugar
- 1 tablespoon baking powder
- 1 egg, beaten
- ¼ cup vegetable oil
- 1 cup low-fat buttermilk or 1 Tablespoon of lemon juice and enough milk to fill one cup will give you 1 cup of buttermilk
- 1 cup frozen corn, thawed (can use fresh or canned too)
- nonstick cooking spray
- 1 medium onion, chopped, about 1 cup
- 2 cloves garlic, finely chopped , about 2 teaspoons

Utensils Needed

Medium Pot Mixing Spoon Measuring Cups Measuring Spoons Cutting Board Knife

Medium Bowl
9x9 Square Baking Pan
Strainer
Skillet
Liquid Measuring Cup

Optional Ingredients

1 jalapeño pepper, seeded and chopped , about one heaping tablespoon

Nutrition Information

Serving Size: 3 oz-bread, 1/2 cup-beans

Nutrients	Amount
Calories:	329
Total Fat:	8 g
Saturated Fat:	1 g
Cholesterol:	25 mg
Sodium:	203 mg
Total Carbohydrates:	54 g
Dietary Fiber:	7 g
Total Sugars:	0 g
Added Sugars:	0 g
Protein	12 g

Directions

1. Preheat oven to 425˚F.
2. In a medium-size pot, bring water to a boil over high heat. Add blackeye peas and return to a boil. Lower the heat to medium and simmer for 30 minutes.
3. While peas are cooking, mix cornmeal, flour, sugar, and baking powder in a medium bowl.
4. Add the egg, oil, buttermilk, and corn to the flour mixture. Mix ingredients until blended (there may be a few small lumps).
5. Spray a 9 x 9-inch square pan with nonstick cooking spray. Pour the batter into the pan.
6. Bake 20 to 25 minutes or until a knife comes out clean. As the cornbread continues to bake, drain the blackeye peas and keep half a cup of cooking water.
7. Spray a skillet with nonstick cooking spray and sauté onions and garlic over medium heat until tender, about 3 minutes.
8. Add blackeye peas, jalapeño pepper, and reserved cooking water to the skillet and continue to simmer and stir for 5 minutes more.
9. Serve a square of cornbread over ½ cup of blackeye peas.

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