

Garden Veggie Whole Wheat Cornbread

12 servings

- Nonstick cooking spray
- 1 Tablespoon olive oil
- ½ cup red bell pepper, scrubbed with clean vegetable brush under running water, chopped
- ¾ cup carrot, scrubbed with clean vegetable brush under running water, grated finely
- 1 jalapeno, scrubbed with clean vegetable brush under running water, minced (optional)
- 1 (15 oz) can cream corn
- 1 ½ cup cornmeal
- 1 ½ cup whole wheat flour
- 1 Tablespoon baking powder
- 1 teaspoon salt
- 1 egg, beaten
- 1 ½ cup low-fat milk or almond milk
- ¼ cup honey
- 1 Tablespoon olive oil



1. Wash hands with soap and water.
2. Preheat oven to 400 F. Line a muffin pan with 12 muffin liners and grease the inside of the muffin liners with nonstick cooking spray to prevent sticking.
3. In a medium skillet, heat oil over medium heat. Add red bell pepper, carrot, and jalapeno, if desired. Cook for 5 to 10 minutes until vegetables are soft. Add cream corn and stir. Remove from heat and set aside to cool.
4. In a large mixing bowl, whisk together the cornmeal, whole wheat flour, baking powder and salt.
5. In a separate medium mixing bowl, whisk the egg. Wash your hands with soap and water after cracking raw egg. Then add the milk, honey, and oil. Mix to combine.
6. Add the wet mixture to the dry mixture and mix until combined.
7. Add in the sautéed vegetables. Mix again.
8. Spoon batter into the prepared muffin cups, filling each about ¾ of the way full. Recipe makes about 24 muffins.
9. Bake for 18 to 20 minutes, or until a toothpick inserted near the center comes out clean.
10. Cool in pan for 10 minutes. Then transfer to a wire rack to finish cooling.
11. Store in an airtight container at room temperature for up to two days, then transfer to the refrigerator for up to four days.

Nutrition Information per Serving (2 muffins): Calories 210, Total Fat 3.5g, Saturated Fat .5g, Cholesterol 15mg, Sodium 310mg, Total Carbohydrates 42g, Fiber 3g, Total Sugars 10g, includes 6g Added Sugars, Protein 6g, Vitamin D 0%, Calcium 15%, Iron 6%, Potassium 4%.