

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

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

Optional Ingredients

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

Utensils Needed

- Medium Pot
- Mixing Spoon
- Measuring Cups
- Measuring Spoons
- Cutting Board
- Knife
- Medium Bowl
- 9x9 Square Baking Pan
- Strainer
- Skillet
- Liquid Measuring Cup



Small Changes,
 BIG Difference!



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.

SHOPPING LIST

Average total cost without oil and seasonings: \$8.65

Average cost/serving: \$0.96

Recipe makes: 9 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 1 to Cart
Fresh Garlic



Add 1 to Cart
Frozen Corn, 12 oz.



Add 1 to Cart
Fresh Onion



Add 1 to Cart
Canned Blackeye Peas, 15.5 oz.



Add 1 to Cart
Eggs, 12 count



Add 1 to Cart
Cornmeal, 32 oz.

SAVE TIME, SAVE MONEY

Storage Tips

- Refrigerate any leftovers within 2 hours.

Cooking Tips

- Eggs can be used in muffins, breads, or even a great egg dish like a Baked Kale Frittata found on www.snapedny.org. Check it out and find more recipe inspiration along the way!
- Fresh garlic will last the longest stored in a temperature between 60 - 65 degrees F.
- Sliced, cut or diced onions can be stored in the fridge for up to 10 days . Simply wrap them tightly in plastic wrap or keep them in a resealable bag.

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

My Cooking Notes