

## Hot Water Cornbread

Serving size: 1 piece

Makes 10 Servings

### Ingredients:

¼ cup extra light olive oil or canola oil

2 cups yellow cornmeal

½ teaspoon salt

Black pepper to taste

¼ teaspoon baking powder

1 teaspoon sugar

½ cup cheddar cheese, finely grated

¾ cup to 1¼ cup boiling water

### Directions:

Preheat the oven to 350 degrees.

Heat the oil in a heavy skillet over medium heat.

Combine the next six ingredients until well blended. Gradually add boiling water, stirring until the batter will form a patty. You may not use all of the water.

Using a large spoon as a measure, divide the batter and shape into flat round patties.

Lightly brown both sides of each patty in the oil about 1 minute each side and then place in a shallow baking pan. Finish in the oven for approximately 10 to 15 minutes.

### Exchanges per serving:

1 Starch, 1 Fat

### Nutrients per serving:

Calories: 164

Calories from fat: 74

Total Fat: 8g

Cholesterol: 7mg

Sodium: 178mg

Total Carbohydrate: 19g

Dietary Fiber: 2g

Protein: 4g