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