

From Lisa's Kitchen: Jalapeño Cheddar Cornbread

You can make this cornbread as hot or not as you like. Heck, leave the jalapeños out if you want. What I love about this recipe is that it is much lower in fat than regular cornbread and very delicious. It freezes well too.

Jalapeño Cheddar Cornbread

Serves 8 - 10

2 tablespoons brown sugar	1 cup cornmeal
2 eggs	1 cup all-purpose flour
$\frac{3}{4}$ cup plain nonfat yogurt	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup sweet potato purée (try baby food)	1 tablespoon baking powder
$\frac{1}{8}$ cup canola oil	

2 jalapeños chopped (remove seeds for milder heat)
1 cup shredded part-skim sharp cheddar cheese, divided

Preheat oven to 350°. Prepare an 8-inch square or 9-inch round baking pan by spraying with cooking spray, or lightly oiling with oil.

In a large bowl, beat the brown sugar, eggs, yogurt, sweet potato and oil until frothy. Stir in jalapeños and $\frac{1}{2}$ cup cheese.

Sift the dry ingredients together into a smaller bowl.

Gently fold the dry ingredients into the wet ingredients until just mixed. Pour into prepared baking pan. Top with remaining cheese.

Bake for 20 – 25 minutes, until a knife inserted into the center comes out clean. Serve hot or at room temperature.