
Hush Puppies III

Home Cookin - Junior League of Wichita Falls, TX - 1976

1 cup corn meal
1/2 cup flour
1 teaspoon baking powder
1/4 teaspoon baking soda
1 teaspoon salt
1/4 cup sugar
1/4 cup finely chopped onion
1 cup buttermilk
1 egg, well beaten
shortening or oil for frying

In a bowl, sift together the corn meal, flour, baking powder, baking soda, salt and sugar. Add the chopped onions, buttermilk and egg. Stir until smooth.

Drop by spoonfuls into hot grease in a heavy skillet or deep kettle. (If a kettle is used, the hush puppies will rise to the top when done.

Serve hot.

Yield: 4 to 6 servings

Breads, Muffins

Per Serving (excluding unknown items): 612 Calories; 8g Fat (11.4% calories from fat); 21g Protein; 114g Carbohydrate; 3g Dietary Fiber; 221mg Cholesterol; 3264mg Sodium. Exchanges: 3 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1 Non-Fat Milk; 1/2 Fat; 3 1/2 Other Carbohydrates.