

Mexican Cornbread

Betty Peoples

Local 1155 Women's Committee Cookbook, Alabama

*3 small jalapeno peppers
1 #3 can yellow creamed
corn
1 1/2 pounds sharp cheese
1 cup cornmeal
1 small onion, chopped
1/4 cup oil
1 egg
1 cup buttermilk
garlic powder (to taste)*

Preheat the oven to 400 degrees.

In a bowl, mix all of the ingredients together.
Spoon into a glass baking dish.

Bake for 45 minutes.

Per Serving (excluding unknown items): 1214 Calories; 64g Fat (47.6% calories from fat); 28g Protein; 131g Carbohydrate; 13g Dietary Fiber; 221mg Cholesterol; 335mg Sodium. Exchanges: 7 Grain(Starch); 1 Lean Meat; 2 Vegetable; 1 Non-Fat Milk; 11 1/2 Fat.