

Mexican Corn and Cheese Bread

Serves: 8

Ingredients:

1 cup flour
1 cup yellow corn meal
1 egg, lightly beaten
2 tablespoons honey
3 teaspoons baking powder
½ teaspoons salt
1 cup milk
¼ cup olive oil
½ cup finely minced onion
1 cup fresh or frozen whole kernel corn
½ cup grated cheddar cheese



Directions:

Preheat oven to 375 °F

1. Heat oil in a small skillet. Add minced onion and sauté over medium heat for 5-8 minutes, or until is soft and translucent. Set aside to cool.
2. Beat together egg, honey and milk with a whisk in a medium bowl.
3. Combine thoroughly together flour, corn meal, baking powder and salt in a large bowl.
4. Add corn kernels, sautéed onions and grated cheese. Mix well.
5. Spread into a well-greased 8 inch square pan. Bake at 375 °F for 25-30 minutes or until brown and firm on top.