

Brown Sugar Sweet Potato Cornbread

Great with chili or make croutons and serve with your favorite summer shrimp salad!

INGREDIENTS

- 1 1/4 c self-rising cornmeal
- 1 c all-purpose flour
- 1 c mashed sweet potato
- 1 tsp baking powder
- 1/2 tsp baking soda
- 3/4 tsp salt
- 1 c whole milk
- 1 stick of butter, melted
- 2 eggs, lightly beaten
- 1/2 c brown sugar
- 1 tsp vanilla

DIRECTIONS

1. Preheat the oven to 375 degrees.
2. In a large bowl, combine the cornmeal, flour, brown sugar, baking powder, baking soda and salt.
3. In a separate bowl, beat together mashed sweet potato, eggs, melted butter (cooled) and vanilla.
4. Pour the sweet potato mixture into the flour mixture. Stir in most of the way, then whisk in the milk. Beat until smooth but don't over mix.
5. Heat a 10" cast iron skillet with a tablespoon of butter and once warm, pour in batter. Bake for 25 minutes or until a toothpick comes out clean when put in the center.
6. Serve with molasses butter.



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HEALTHY SWAPS

- **Lower Fat:** Substitute $\frac{1}{4}$ c apple sauce for half of the butter. Use skim milk. 235 calories. 6g fat (3g saturated fat, 50mg cholesterol.) 586mg sodium. 40g carbohydrates (2g fiber, 14g sugar.) 5g protein.
- **Lower Carbohydrate:** This recipe would not substitute well as a lower carbohydrate recipe.
- **Lower Sodium:** Reduce salt to $\frac{1}{4}$ tsp. Reduces sodium to 436mg.
- **Dairy-free:** Use Grapeseed oil & Nut milk of choice. 283 calories. 13g fat (2g saturated fat, 37mg cholesterol.) 450mg sodium. 38g carbohydrates (2g fiber, 13g sugar.) 5g protein.
- **Gluten-free:** Substitute gluten-free flour for all-purpose flour. 270 calories. 11g fat (7g saturated fat, 64mg cholesterol.) 630mg sodium. 38g carbohydrates, 3g fiber, 13g sugar.) 5g protein.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	10 servings per container	Total Fat 11g	14%	Total Carbohydrate 38g
Serving size 3 Inch Slice	Saturated Fat 7g	35%	Dietary Fiber 0g	0%
Calories per serving	Trans Fat 0g		Total Sugars 13g	
	Cholesterol 65mg	22%	Includes 0g Added Sugars	0%
280	Sodium 620mg	27%	Protein 5g	10%
	Vitamin D 1mcg	4%	Calcium 150mg	10%
	Potassium 221mg	4%	Iron 2mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.