



## Seafood Cornbread

from *trim&TERRIFIC® Gulf Coast Favorites Cookbook*

Corn, cheese, seafood, and just a bit of jalapeños unite for truly exceptional flavor in every bite. This is a great way to use any leftover seafood you may have.

Makes 28 squares

- 1 1/2 cups yellow cornmeal
- 1/2 cup all-purpose flour
- 1/2 teaspoon baking soda
- 2 tablespoons sugar
- 1 cup skim milk
- 1 egg
- 1/4 cup canola oil
- 1 onion, chopped
- 1 green bell pepper, cored and chopped
- 1 (15-ounce) can cream-style corn
- 1 cup shredded, reduced-fat sharp cheddar cheese
- 1/3 cup chopped green onions
- 2 tablespoons chopped jalapeño pepper slices (found in jar)
- 2 cups combination seafood (crawfish tails; small peeled shrimp, cooked; or claw crabmeat)

1. Preheat oven to 350°F. Coat 13 × 9 × 2-inch pan with nonstick cooking spray
2. In a large bowl, combine cornmeal, flour, baking soda, and sugar.
3. In another bowl, combine milk, egg, and oil. Add remaining ingredients except seafood. Mix well. Stir into flour mixture. Gently stir in seafood.
4. Transfer mixture to prepared pan. Bake for 55–60 minutes or until golden brown.

Nutritional information per serving: Calories 87, Calories from fat 33%, Fat 3 g, Saturated Fat 1 g, Cholesterol 27 mg, Sodium 130 mg, Carbohydrate 10 g, Dietary Fiber 1 g, Sugars 2 g, Protein 5 g, Diabetic Exchanges: 1/2 starch, 1/2 lean meat

**Terrific Tidbit:** If you have left-over seafood from a crawfish boil, peel the shrimp and crawfish as the seasoned seafood turns this into an extraordinary cornbread—a meal in itself.