

Recipe: Heart Healthy Hush Puppies

Ingredients:

- 1 cup yellow cornmeal
- 1 cup yellow grits
- ½ cup white flour
- ½ cup whole wheat flour
- 1/8 cup sugar
- 2 eggs
- 1 and 1/4 cup buttermilk
- ¾ tsp. seasoned salt
- ½ tsp. pepper
- 1 tsp. baking powder
- 2/3 tsp. baking soda
- 1/8 cup vegetable oil
- 1/3 cup nuts, finely chopped
- Oil for deep frying – use any kind of vegetable oil, **NOT** solid shortening or lard. *Safflower, corn, sunflower, peanut, or soybean oil is best for hot temperatures (vs. olive, canola).*
- About 1-1 ½ cups finely chopped vegetable mixture. *Choose anything you like but include onions. Other options that are good – experiment with your favorites:*
 - Red or green bell peppers (or hot peppers if you dare!)
 - Eggplant
 - Sweet potatoes
 - Beets
 - Zucchini or yellow squash
 - Okra
 - Cabbage
 - Broccoli



Directions:

1. Begin heating the oil for deep frying (medium to high heat) – about 1 ½ inch depth
2. Mix all dry ingredients in a bowl
3. Mix all wet ingredients
4. Combine wet and dry ingredients
5. Add chopped nuts and vegetables
6. Add more buttermilk if needed for the consistency of cornbread (very thick pancake batter)
7. Drop batter into the heated oil using a small spoon. The oil should bubble vigorously around the dough. Turn the puppies with a slotted spoon to brown them on all sides. It should take only 2-3 minutes to cook.
8. Remove from oil and drain on a paper towel. Enjoy!

