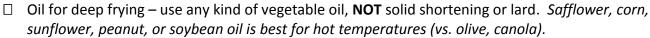
Recipe: <u>Heart Healthy Hush Puppies</u>

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



- □ 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!

Heart Healthy Lenoir Project: www.hearthealthylenoir.com



