

## TEXAS JALAPENO CORN STICKS

1 ½ CUPS CORNMEAL (ANY COLOR)

¾ CUP SELF RISING FLOUR

1 EGG

1CUP MILK

1 small red jalapeno, seeded and chopped

1 small green jalapeno, seeded and chopped

### INSTRUCTIONS-

Preheat oven to 425\*, put cast iron skillet in oven to heat. Next, stir all dry ingredients together. Then add egg and milk. Stir until well blended, fold in chopped peppers. Now pull hot skillet from oven and spray with oil, lastly pour batter and bake for 15-20 minutes. Cool before serving.

Variation- add blue cornmeal instead of white or yellow, then boil one head of cabbage. Drain juice into jar and add 2 teaspoons of baking soda to turn cabbage juice to blue. You now have a "true blue", cornbread.

8 servings around 100 calories per serving

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Intermediate-Grains