

# Hushpuppies

*Christopher Cox*

*Port St Lucie Elementary Family Recipe Book*

## **Servings: 6**

*1 cup cornmeal*

*1 tablespoon salt*

*3/4 to one cup milk*

*1 egg, beaten*

*1 tablespoon shortening,  
melted*

*1 onion, chopped*

*2 tablespoons baking  
powder*

*1/2 cup flour*

*pinch sugar*

In a bowl, stir together the flour, cornmeal, salt and baking powder. Add the egg and milk. Add the onion. Mix well.

In a skillet, drop by tablespoonfuls into deep, hot fat. fry until golden brown.

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Per Serving (excluding unknown items): 181 Calories; 4g Fat (22.3% calories from fat); 5g Protein; 30g Carbohydrate; 2g Dietary Fiber; 39mg Cholesterol; 1581mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.