

# Jalapeno Corn Bread with Lime Jalapeno Cream

*Chef Scott - Aldi Test kitchen  
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## **Servings: 12**

### **LIME JALAPENO CREAM**

*1 cup nonfat Greek yogurt  
zest of one lime  
juice of one lime  
1 tablespoon cilantro  
1/2 jalapeno seeded and  
diced  
1 1/2 teaspoons minced  
garlic in water*

### **JALAPENO CORN BREAD**

*cooking spray  
2 large eggs  
2/3 cup 1% low-fat milk  
1/2 avocado, mashed  
2 boxes (8.5 ounce ea) corn  
muffin mix  
1 jalapeno, seeded and  
diced  
1 onion, diced  
1/2 cup shredded sharp  
cheddar cheese, divided  
1/4 cup whole kernel corn,  
frozen, drained  
1 tablespoon minced garlic  
in water*

## **Preparation Time: 15 minutes**

### **Cook Time: 30 minutes**

For the Lime-Jalapeno cream: In a blender, combine the yogurt, lime juice, lime zest, cilantro, jalapeno and garlic. Pulse until fully combined. Transfer to a small bowl. Chill for at least one hour before serving.

For the jalapeno corn bread: Preheat the oven to 400 degrees.

Coat a 8x8-inch baking pan with cooking spray.

In a small bowl, whisk together the eggs, milk and avocado until combined.

Empty the corn muffin mix into a large bowl. Add the avocado mixture. Stir until just combined and some lumps are still visible.

Fold in the jalapeno, onion, 1/4 cup of cheddar cheese, corn and garlic. Allow the batter to sit for 6 minutes before pouring into the prepared baking pan.

Bake for 20 minutes or until the center of the corn bread is solid. Top with the remaining 1/4 cup of cheddar cheese. Cook for an additional 5 minutes or until the cheese is melted. Allow to cool for 10 minutes before serving.

Top each piece with a dollop of lime-jalapeno cream.

## **TIP:**

*To increase the level of spice for the corn bread, simply add more diced jalapenos or don't seed them.*

*(one jalapeno = mild, two jalapenos = medium, three jalapenos = spicy, four jalapenos = very spicy).*

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Per Serving (excluding unknown items): 136 Calories; 6g Fat (40.3% calories from fat); 4g Protein; 16g Carbohydrate; 2g Dietary Fiber; 41mg Cholesterol; 259mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1 Fat; 1 Other Carbohydrates.