
Baked Hush Puppies

The Essential Southern Living Cookbook

Preparation Time: 15 minutes

Start to Finish Time: 30 minutes

1 cup yellow cornmeal

1 cup all-purpose flour

1 tablespoon baking powder

1 teaspoon granulated sugar

1 teaspoon table salt

1/4 teaspoon cayenne pepper

2 large eggs, lightly beaten

3/4 cup milk

1/4 cup vegetable oil

1/2 cup finely chopped onion

Preheat the oven to 425 degrees.

In a large bowl, combine the cornmeal, flour, baking powder, sugar, salt and cayenne pepper. Make a well in the center of the mixture. Set aside.

In a bowl, combine the eggs, milk, vegetable oil and onion. Stir well. Add to the dry mixture, stirring just until the dry ingredients are moistened.

Coat miniature (1-3/4-inch) muffin pans with cooking spray. Spoon about one tablespoon of batter into each muffin cup (the cups will be about 3/4 full).

Bake until firm to the touch and golden brown around the edges, about 15 minutes.

Remove from the pans immediately.

Yield: 18 hush puppies

Bread, Muffins

Per Serving (excluding unknown items): 1757 Calories; 74g Fat (38.2% calories from fat); 44g Protein; 226g Carbohydrate; 15g Dietary Fiber; 449mg Cholesterol; 4027mg Sodium. Exchanges: 13 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 1/2 Non-Fat Milk; 13 Fat; 1/2 Other Carbohydrates.