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# Fresh Corn Spoonbread

*The Essential Southern Living Cookbook*

Servings: 12

Preparation Time: 10 minutes

Start to Finish Time: 1 hour 10 minutes

*Although they're called "breads", spoonbreads are moist and should have the consistency of a savory pudding. Most, such as this sweet cornbread, include cornmeal and are so soft and creamy. They must be eaten with a spoon or fork - hence the name.*

**1 cup self-rising white cornmeal mix**

**1/2 cup all-purpose flour**

**2 tablespoons granulated sugar**

**1 teaspoon table salt**

**4 cups (8 ears) fresh corn kernels**

**2 cups plain yogurt**

**1/4 cup butter, melted**

**1/4 cup chopped fresh chives**

**2 tablespoons fresh flat-leaf parsley, chopped**

**1 teaspoon fresh thyme, minced**

**3 large eggs, lightly beaten**

**chopped fresh chives (for garnish)**

Preheat the oven to 350 degrees.

In a large bowl, stir together the cornmeal mix, flour, sugar and salt. Make a well in the center of the mixture.

In a bowl, stir together the corn, yogurt, butter, chives, parsley, thyme and eggs. Add to the cornmeal mixture, stirring just until the dry ingredients are moistened. Divide the mixture among twelve (six-ounce) greased ramekins.

Bake until golden brown and set, 35 to 40 minutes. Garnish with additional chives.

Serve immediately.

## **Bread, Muffins**

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*Per Serving (excluding unknown items): 153 Calories; 7g Fat (38.5% calories from fat); 5g Protein; 20g Carbohydrate; 2g Dietary Fiber; 69mg Cholesterol; 271mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 Fat; 1/2 Other Carbohydrates.*