

BEYOND HUNGER

Sweet Potato Cornbread

A delicious twist on traditional cornbread, this recipe includes mashed sweet potatoes, which give the bread extra moistness and Vitamin A, plus fall spices, which are a perfect match with sweet potatoes. Subbing in whole-grain cornmeal and whole wheat flour adds whole grains and fiber and provides a beautiful texture. Bake it in a cast iron skillet for a nice crispy bottom.

Yields: 10 slices

Serving Size: 1 slice

Ingredients:

- 1-pound **sweet potatoes**
- 1 ½ cups **whole grain cornmeal**
- 1 cup **whole wheat flour**
- ¼ cup **sugar**
- 1 tbs **baking powder**
- ½ tsp **cinnamon**
- ¼ tsp **ground nutmeg**
- 2 large **eggs**
- ½ cup **light sour cream**
- ¾ cup **low-fat milk or plant-based milk**
- 2 tbs **corn oil (or other vegetable oil)**
- ½ tbs **corn oil (or other vegetable oil)** for skillet

Instructions:

1. Peel the sweet potato and cut it into one-inch cubes. Place the cubes in a pot, cover with water, and boil over high heat. Boil the potatoes until they're tender and fall apart when pierced with a fork (about 10 minutes). Drain the potatoes and set aside.
2. Coat the inside of a 10" cast iron skillet or baking pan with cooking oil. Place the skillet or pan in the oven and begin to preheat the oven to 425°F.
3. In a large bowl, stir the cornmeal, flour, sugar, baking powder, salt, cinnamon, and nutmeg until well-mixed.
4. Mash the drained sweet potatoes until fairly smooth. Transfer 1 ½ cups of the mashed potatoes to a large bowl. Add the sour cream, milk, and 2 tbsp oil, and whisk until combined. Add the eggs and whisk until combined again.
5. Pour the sweet potato mixture into the bowl with the dry ingredients. Stir the two together just until combined and no dry mix remains on the bottom of the bowl. It's OK if the mixture is a little lumpy; just be sure not to over-mix it.

Per Serving: Calories 238 kcal, Carbohydrates 39.4g, Protein 6.1g, Saturated Fat 2g, Sodium 65.3mg, Fiber 4.1g, Sugars 8.1g
Provides 40% of daily needs for Vitamin A!

This recipe was adapted from BudgetBytes.com

<https://www.budgetbytes.com/sweet-potato-cornbread/>

