

Cornbread with Sun-Dried Tomatoes

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 15-30 minutes

Serves: 16

CChints: You can make these as muffins in a muffin tin or cut into pieces when baked in a 9 x 13 pan. Good served in place of bread with most American or Southern dishes.



2 – 8 ounce packages corn muffin mix (we like Jiffy®)
3 gloves garlic, minced, fresh or from a jar
2 teaspoons sugar or Splenda®
2 cups frozen corn, thawed
2/3 cup diced sun-dried tomatoes, packed in oil
2/3 cup skim or reduced fat milk
2/3 cup reduced fat sour cream
2 eggs or the equivalent of a liquid egg substitute
Cooking spray
Butter, unsalted or cholesterol lowering type or margarine

Preheat oven to 375 degrees.

In a large mixing bowl, combine the first 3 ingredients. The corn can be thawed quickly by placing in a microwaveable bowl, covered and heated for 1 minute. Stir and if not thawed out yet, heat for another 30 seconds. Add to the cornbread mix. Take out enough sun-dried tomatoes from the jar to make 2/3 cup. Rinse off the oil, dice and stir into the cornbread mix. Store any left over tomatoes in their jar in the refrigerator.

In a smaller bowl, combine the milk, sour cream and eggs. Blend well and stir into the cornbread mix.

Spray your muffin pan or 9x13 pan with cooking spray.

Muffin pan: Fill each cup half full and bake for 15 until golden brown on top. If your muffin pan holds 12 muffins you will need to take out the first batch of muffins and re-spray the pan. Spray 4 or more muffin cups with the cooking spray and fill half full again. Bake 15 minutes.

9 x 13 Pan: Spray the pan with cooking spray and pour in the cornbread mixture. Even out in the pan and bake for 22 – 25 minutes until golden brown and a toothpick inserted in the middle comes out nearly dry. Cut into desired size pieces.

Use the baking time to clean up the kitchen and get the rest of the dinner ready. Serve with your favorite butter type. Enjoy!