

From the
kitchen of

J.T. Ellison



Ingredients:

- ✓ 3/4 cup flour
- ✓ 1/2 cup sugar
- ✓ 3/4 cup cornmeal
- ✓ 1/2 tablespoon baking powder
- ✓ 1/2 teaspoon salt
- ✓ 1/2 cup almond milk
- ✓ 1/4 cup extra virgin olive oil – (EVOO is really important for baking. Don't use a dark olive oil, get the lightest you can. I like Bertolli)
- ✓ 1 large egg

Green Chile Cornbread

Ah, the staple of the gluten free lifestyle – corn based products. Corn chips, corn flakes, corn bread – if it weren't for corn, I think I might go mad. Truly, if I had to ditch my chips and guacamole? I'd have to go all Elsa on everyone.

Now, cornbread is one of the simplest sides ever. How simple, you ask? It's called a box of Jiffy cornbread mix, 1 egg, and 1/3 cup of milk.

I know, I know, that's cheating. Sometimes, though, you need something simple and easy when you're freaking out and on deadline.

I replace the milk with regular almond milk, which makes it fabulously moist, and add in one can of chopped green chiles. Makes a delicious combination. Another variation is to add diced jalapeños. This will be hotter, but the sweetness of the cornbread balances the spice.

Now, if you want to do it from scratch, here's a down and dirty cornbread recipe.

Directions:

- Heat oven to 375 degrees F.
- Spray an 8- or 9-inch loaf pan or a muffin tin with Pam for Baking
- Add dry ingredients together, using a fork to combine
- Add milk, oil and beaten egg to a medium bowl and whisk together.
- Add dry ingredients to the liquid until just combined. Lumpy batter is your friend.
- Pour batter into pan or muffin tin
- Bake for 25 minutes, until golden brown, or when a knife inserted into the center comes out clean. (If making muffins, reduce time to 15 minutes, then check every 2 minutes).

*As seen in J.T. Ellison's newsletter. For more recipes, visit JTEllison.com.
Want a wine to go with your recipe? Check out J.T.'s wine blog,
The Wine Vixen, at TheWineVixen.com.*

