

Chili Cornbread Pie

Hands-on - 15 min. Oven/Exercise - 30 min. **Serves 9**

A simple one-dish meal that will make your kitchen smell awesome! Serve with carrot sticks, celery, and peppers.

Menu

Chili Cornbread Pie
Carrot sticks, Celery
and Peppers

Chocolate Chip Bar Cookie
(make ahead) (page 295)

Preheat oven to 375°.

2 cans (15 oz each) chili beans (*Eden*)
1 can (16 oz) corn, no salt added
1/2 med onion, chopped (opt)
1/4 cup cilantro, chopped (opt)
1 tsp *Zippy Zonya Mexi Mix**
1 can (15 oz) diced tomatoes with chilies (*Eden*)
1/2 tsp salt*

Combine in an 9" x 13" baking dish.

1 cup yellow cornmeal
1 cup all-purpose flour
1 T baking powder
1 T sugar
1/2 tsp salt*

Combine in a medium bowl using a fork to be sure baking powder is evenly distributed.

1 cup skim milk or soy milk
2 T canola oil

Add to dry ingredients and stir just until blended.

Spoon 9 even spoonfuls of the batter in a 3 x 3 pattern onto the bean mixture. Place in oven to bake. Set timer for 30 minutes.

Climb upon your stepper for 30 minutes.

When the timer goes off, remove and allow to set 10 minutes while you prepare raw vegetables. It's time to eat!

*See recipe on page 40.

*Omit salt if beans or corn have salt added.



Nutrition information for 1/9 of pie

| | | | | | | | | | |
|-------------------|-----|---------------|-------|-------------|-------|---------|--------|--------------------|------|
| Calories | 279 | Fat | 3.5 g | Fiber | 7 g | Sodium | 569 mg | Total Carbohydrate | 53 g |
| Calories from Fat | 11% | Saturated Fat | 0 g | Cholesterol | <1 mg | Protein | 11 g | Sugars | 6 g |