

Skillet Sweet Potato Cornbread

Makes 16 pieces

Roasted sweet potato lends moisture and natural sweetness in addition to boosting flavor and nutrition. This rustic cornbread is moist and delicious, a satisfying quick bread with very little added fat and sugar!

1 cup flour
1 cup course ground cornmeal
1 T baking powder
½ teaspoon salt

2 eggs
¾ cup plain yogurt or ½ cup milk mixed with 1 teaspoon vinegar
½ cup roasted sweet potato – see note below
1 Tablespoon honey, maple syrup, or brown sugar
1T butter or oil

Preheat oven to 375 degrees. Place an 8 or 9 inch cast iron skillet in the oven to get hot.

Sift flour, cornmeal, baking powder and salt together in a medium bowl. In a separate bowl whisk eggs, yogurt or milk, sweet potato, and honey together until smooth and well combined.

Before combining the wet and dry ingredients, add the butter or oil to the skillet and return pan to the oven. Once melted, and remembering to use an oven mitt, carefully remove pan from the oven and pour any excess butter into the wet ingredients, stirring to combine. Stir wet ingredients into dry, and mix until just combined.

Carefully spoon batter into hot skillet and bake for 20 minutes or until sides begin to pull away from pan and toothpick comes out clean.

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Chef C's Cooking Tips:

- Pureed squash, pumpkin, or applesauce would all work here in place of sweet potato.
- If you like a little spice, try adding a small can of diced jalapenos to the batter.
- Preheating the skillet gives the cornbread a crusty bottom. If you want to skip this step the results are just as tasty.
- If you don't have a cast iron skillet you can oil and use an 8x8 pan or similar sized oven safe baking dish.

