

RECIPE

Hero Vegetable: Broccoli

Herbed Broccoli Cornbread

Ingredients:

- 1 large head of broccoli (4 cups once trimmed)
- 4 large eggs
- 1 medium onion, diced
- 1 Tbs salt
- 1/2 cup butter, melted
- 1 cup sour cream
- 3 cloves garlic minced
- 1 Tbs dried basil or 2 Tbs fresh chopped basil
- 2 tsp dried thyme or 4 tsp fresh thyme
- 16 oz cornbread muffin mix

Directions:

Add the minced garlic and diced onion to the melted butter. Set aside. Cut the broccoli in smaller than bite size pieces. (If you don't get a full 4 cups once cut, that's ok. Use what you have.) Set aside.

Preheat your oven to 350F. Grease a 9x13 in baking dish. Set aside.

In a large mixing bowl, combine the sour cream and eggs. Whisk in the melted butter and garlic.

Add in the remaining dry ingredients, mixing until just combined. Fold in the broccoli pieces. Pour the batter into the baking dish and bake for about 35-45 minutes or until toothpick inserted comes out clean.