

# RECIPE

## Hero Vegetable: Broccoli

## Broccoli and Cheese Corn Bread

### Ingredients:

2 cups broccoli, chopped
3 cups corn meal
3 cups whole milk
1 cup flour
1 cup cheddar cheese, shredded
8 oz creamed corn
4 eggs
½ cup sugar
1 Tbs salt
1 ½ Tbs baking powder

### Directions:

Heat your oven to 350F. Grease a 9x13 inch baking pan. Set aside.

In a large mixing bowl, whisk together the dry ingredients. Add in the remaining ingredients mixing until just combined. Do not over mix. Pour the batter into the prepared baking pan. Bake 20-25 minutes or until a toothpick inserted comes out clean.