

Project: Hush Puppy Mix

Prep: 15 minutes **Cook:** 3 minutes per batch

- 1 cup cornmeal
- ¼ cup all-purpose flour
- 2 teaspoons sugar
- ¾ teaspoon baking powder
- ½ teaspoon salt
- ¼ teaspoon baking soda
- 1 egg, lightly beaten
- ½ cup buttermilk or sour milk*
- ¼ cup sliced green onions (2)
- Vegetable oil or shortening for deep-fat frying

1. In a medium bowl stir together cornmeal, flour, sugar, baking powder, salt, and baking soda.
2. To make Hush Puppies: Make a well in the center of flour mixture; set aside. In a small bowl combine egg, buttermilk, and green onions. Add egg mixture all at once to flour mixture. Stir just until moistened (batter should be lumpy).
3. In a 3-quart heavy saucepan or a deep-fat fryer heat 2 inches oil to 375°F. Drop batter by slightly rounded tablespoons into the hot oil. Fry, three or four at a time, about 3 minutes or until golden, turning once. Remove with a slotted spoon and drain on paper towels. Serve warm. Makes 14 to 18 hush puppies.

***TIP:** To make ½ cup sour milk, place 1 ½ teaspoons lemon juice or vinegar in a glass measuring cup. Add enough milk to make ½ cup total liquid; stir. Let stand for 5 minutes before using.

Storage: Mix will keep in an airtight container as long as the date on the baking powder can (up to 1 year; be sure to use fresh baking powder.)

Number of Servings: 14

Nutrition Facts (per serving) :
85 cal., 5 g total fat (1 g sat. fat),
15 mg chol., 136 mg sodium,
10 g carb., 1 g fiber, 1 g sugar,
2 g pro.

Daily Values: 1% vit. A, 1% vit. C,
2% calcium, 3% iron

Exchanges: 0.5 Starch, 1 Fat