



## Vegetable Cornbread

*(Makes 16 servings)*

### Ingredients:

- Low fat cooking spray
- 1 tablespoon butter
- 1/2 package (10 oz.) frozen chopped broccoli, thawed and drained
- 1 (8 oz.) package corn muffin mix
- 3/4 cup low fat cottage cheese
- 2 eggs
- 1 jar (2 oz.) of diced pimiento, drained
- 1/4 teaspoon ground black pepper

### Directions:

1. Heat oven to 350°.
2. Coat an 8 x 8 square pan with cooking spray. Add butter then place in oven until melted. Remove pan from oven and rotate until melted butter is spread on bottom. Raise heat of oven to 425°.
3. Remove excess moisture from broccoli by pressing a paper towel on the pieces. In a medium sized bowl, combine broccoli, muffin mix, cottage cheese, eggs, pimientos and black pepper and mix thoroughly.
4. Pour bread mixture into pan then bake for 25 minutes or until toothpick inserted in center of bread comes out clean.

### NUTRITION FACTS:

Serving Size: 1 square (44 g) Servings Per Recipe: 16  
Calories 88/Calories from fat 30/Total Fat 3 g/Saturated Fat 1 g  
Cholesterol 30 mg/Sodium 218 mg

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