



## Skillet Organic Cornbread

### INGREDIENTS

- Organic Canola cooking spray
- 1 cup all-purpose flour
- 2/3 cup cornmeal
- 1 tablespoon granulated sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2/3 cup skim milk
- 1 (12 ounce) can whole kernel corn, drained
- 1 (4.5 ounce) can chopped green chilies
- 2 tablespoons red pepper, chopped finely
- 1 teaspoon onion powder
- 2 tablespoons [Organic canola oil](#)
- 1 egg, lightly beaten

### DIRECTIONS

1. Preheat oven to 400 degrees F.
2. Combine flour, cornmeal, sugar, baking powder, salt and pepper. Make a well in the centre of mixture. Combine milk and remaining ingredients. Add to dry ingredients, stirring until just moistened.
3. Pour batter into hot skillet. Bake for 25 minutes or until golden.