

A Recipe from KNOPE

BROCCOLI CHEDDAR CORNBREAD

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Broccoli in cornbread—who knew? But sometimes you need to go to great lengths, and be very crafty, to get your kids to eat more vegetables. The result in this instance is a moist, incredibly satisfying cornbread that gets added richness from both cottage and cheddar cheese. We call for frozen broccoli, which makes this recipe easy enough to whip together in the time it takes your oven to preheat. (You can also use 2½ cups of fresh steamed broccoli.)

INGREDIENTS

½ cup unsalted butter
1 medium onion, chopped
2 garlic cloves, minced
One 10-ounce package frozen chopped broccoli,
thawed but not drained (or see Pat's note)
Two 8½-ounce boxes cornbread mix

½ cup whole milk
One 8-ounce container cottage cheese
4 large eggs
1 tablespoon salt
1 cup plus 2 tablespoons grated sharp
cheddar cheese, for topping

Preheat the oven to 375° F.

Heat the butter in a 10-inch cast-iron skillet over medium-high heat.

Add the onion, and sauté until softened, 4 to 5 minutes.

Add the garlic and broccoli to the skillet, and sauté for 2 minutes, until the garlic is fragrant and the broccoli has warmed through.

In a medium bowl, stir together the cornbread mix, milk, cottage cheese, eggs, salt, and 1 cup of the cheddar cheese until smooth, then pour the batter into the skillet over the vegetables and stir to blend. Sprinkle the top of the batter with the remaining cheese.

Bake the cornbread in the skillet for about 30 minutes, until it is lightly golden and a toothpick inserted in the center comes out clean. Cool for 5 to 10 minutes, then serve.

SERVES 6

