

## Baked Fresh Corn Hush Puppies

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*Hush Puppies are traditionally a small, savory deep-fried ball made of cornmeal-based batter. The name “hush puppy” is said to have been coined in the late 19<sup>th</sup>-century by hunters, fishermen and other cooks who would fry a basic cornmeal mixture and toss it to the dogs to “hush the puppies” during cook-outs. Others say the term came from the Civil War when Confederate soldiers tossed fried corn bread to quiet the dogs. Either way, we’ll hush to eat this healthier baked version.*

### Ingredients

- Vegetable oil, butter, or cooking spray
- 2/3 cup yellow cornmeal
- 1/3 cup all-purpose flour
- 1 teaspoon baking powder
- 3/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- Scant 1/4 cup grated onion
- 1/4 cup frozen corn, thawed, and very slightly chopped
- 1/3 cup milk
- 2 large eggs, lightly beaten
- 2 tablespoons unsalted butter, melted
- 1 tablespoon honey

### Directions

Preheat the oven to 450. Lightly grease a 24-cup mini muffin pan or spray with nonstick cooking spray.

In a medium bowl, combine the cornmeal, flour, baking powder, salt and pepper.

In a separate bowl, mix together the onion, corn, milk, eggs, butter and honey. Fold the egg mixture into the flour mixture until the flour mixture is just moistened.

Spoon 1 tablespoon of the batter into each of the prepared mini muffin cups. Bake for 10 minutes, or until the hush puppies are firm to the touch and golden brown around the edges.