

Fan Favorites



Heart Healthy Hush Puppies

Serves: 18 (serving size – two large hush puppies)

- 1 cup yellow cornmeal
- 1 cup yellow grits
- 1/2 cup white flour
- 1/2 cup whole wheat flour
- 2 eggs
- 1 cup buttermilk
- 3/4 teaspoon seasoned salt
- 1/2 teaspoon pepper
- 1 teaspoon baking powder
- 2/3 teaspoon baking soda
- 1/8 cup vegetable oil
- 1/3 cup nuts, finely chopped (pecans, almonds, walnuts, or any mixture)

Oil for deep frying (corn, soybean, or peanut oil recommended. Do not use lard or solid fat).

A mixture of vegetables finely chopped – about 1-1 ½ cups total. Choose anything you like but include onions.

- Red or green bell peppers (or hot peppers if you dare!)
- Eggplant
- Sweet potatoes
- Zucchini or yellow squash
- Okra
- Cabbage

Nutrition Facts

servings per container	
Serving size	(65g)
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 65mg	3%
Total Carbohydrate 19g	7%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 53mg	4%
Iron 1mg	6%
Potassium 161mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Heart Healthy Hush Puppies Continued

Directions

1. Begin heating the oil for deep frying (medium to high heat) – about 1 ½ inch depth.
2. Mix all dry ingredients in a bowl.
3. Mix all wet ingredients.
4. Combine wet and dry ingredients.
5. Add chopped nuts and vegetables.
6. Add more buttermilk if needed for the consistency of cornbread (very thick pancake batter).
7. Drop batter into the heated oil using a small spoon. The oil should bubble vigorously around the dough. Turn the puppies with a slotted spoon to brown them on all sides. It should take only 2-3 minutes to cook.
8. Remove from oil and drain on a paper towel. Enjoy!