

Cheddar Cornmeal Waffles

Inspired by the Southwest, these wholesome and temperate waffles can turn fiery with plenty of hot pepper sauce and a salsa containing smoky chipotle chiles.



Ingredient List

Serves 4 to 5

- 3 large eggs
- 1 3/4 cup buttermilk or soy milk
- 2 Tbs. vegetable oil
- 1 cup all-purpose flour
- 2 1/2 tsp. baking powder
- 1/4 tsp. baking soda
- 1 tsp. salt
- 1 Tbs. sugar
- 1 cup fine cornmeal
- 1/2 cup shredded cheddar or soy cheese, plus extra for garnish
- 1/2 cup canned corn kernels, rinsed
- Hot pepper sauce to taste
- 1/2 cup chopped fresh coriander for garnish
- 1 ripe avocado, diced, for garnish

Salsa topping

- 1 cup thinly sliced pitted black olives
- 1/2 cup canned corn kernels, rinsed
- 1 cup salsa
- 1 cup canned black beans, drained and rinsed

Directions

1. Preheat waffle iron and spray with nonstick vegetable spray.
2. Beat 3 eggs well in mixing bowl, and stir in buttermilk and oil. In separate bowl, sift together flour, baking powder, soda, salt and sugar. Stir into egg mixture, then stir in cornmeal, cheese, corn kernels and hot pepper sauce.
3. Bake waffles according to manufacturer's instructions.
4. To make salsa, stir together olives, corn kernels, salsa and black beans in small saucepan, and bring to a boil over medium heat. Cook for 5 minutes, or until mixture reduces slightly.
5. To serve waffles, place one on plate, top with salsa mixture and garnish with cheese, fresh coriander and diced avocado.

Nutritional Information

Per Servings: Calories: 570, Protein: 20g, Total fat: 23g, Saturated fat: 6g, Carbs: 72g, Cholesterol: 145mg, Sodium: 1490mg, Fiber: 10g, Sugars: g

