

on hand



Cheddar Corn Bread with Pepitas ▲

The green pumpkinseeds, or *pepitas*, lend crunch, while the green chiles add spicy heat. Pepitas are sold at large grocery stores or Mexican markets. Serve this bread with chili, spice-rubbed pork tenderloin, or as a savory snack with salsa.

- ½ cup (2 ounces) reduced-fat shredded cheddar cheese
- ¼ cup nonfat buttermilk
- 1 (10-ounce) package frozen cream-style corn, thawed
- 1 (8½-ounce) package corn muffin mix (such as Jiffy)
- 1 (4.5-ounce) can chopped green chiles, drained

Cooking spray

- ¼ cup unsalted pumpkinseed kernels

1. Preheat oven to 400°.

2. Combine first five ingredients in a large bowl, stirring until dry ingredients are moistened. Spoon into an 8-inch square baking dish coated with cooking spray. Sprinkle top of batter with pumpkinseeds. Bake at 400° for 20 minutes or until a wooden pick inserted in center comes out clean. Yield: 8 servings.

CALORIES 204 (30% from fat); FAT 6.9g (sat 2.3g, mono 2.4g, poly 1.2g); PROTEIN 6g; CARB 30.5g; FIBER 1.3g; CHOL 12mg; IRON 1.6mg; SODIUM 436mg; CALC 107mg

Make the Grade

Highlights of the USDA's grading system for frozen and canned produce

Grade A or Fancy: Top quality in tenderness, flavor, appearance, and uniformity. Makes the most attractive servings for special luncheons or dinners.

Grade B or Extra Standard: Very good quality, slightly more mature and not quite as tender as Grade A vegetables.

Grade C or Standard: Not as flavorful and uniform in color as the higher grades and usually more mature. These vegetables are generally to be used as ingredients in soups, soufflés, casseroles, and stews.