

Handy-Dandy Shopping List – Jalapeno Cheddar Cornbread

Recipe from www.idiotskitchen.com



Yellow Corn Meal

Flour

Sugar

Baking Powder (Baking POWDER comes in a round can...not the stuff in the orange box, that's baking soda.)

Salt

Milk

Salad or Cooking Oil (Canola or Corn oil, NOT olive oil)

1 egg

Onion (about $\frac{1}{4}$ of a medium onion)

1 jalapeno pepper – minced, with seeds and membranes removed

Sharp Cheddar Cheese – buy a chunk and grate your own...it's cheaper and you'll get better cheese.