

Browned Butter Skillet Cornbread Makeover



Cornbread is one of my favorite side dishes with barbecue, chili or fish. Which, of course, means it's not usually the healthiest thing to eat. Loaded with flour, butter, honey and buttermilk, this fat and carb bomb is definitely not something we can eat every day and expect to fit into our clothes for long.

I recently ran across this [browned butter skillet cornbread](#) recipe from the New York Times and knew right away I could make it healthier without sacrificing the flavor or texture. The browned butter, to be honest, tastes glorious! It adds natural sweetness that isn't present in most cornbread recipes, and by cooking it in a skillet, we get a great

texture, too. I swapped wheat flour for the white, subbed a mixture of milk and Greek yogurt for the buttermilk, and decreased the amount of maple syrup. I also added extra egg because wheat flour creates a more dense texture, and egg helps counter that.

My husband raved all night about this cornbread, and says this is the only kind I can make from now on! Normally we might have put some butter and/or honey on it, but this needed no adornments at all. It was flavorful and the texture was perfect as is- not bad for a "diet" recipe ☐

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- 6 T butter
- 2 T maple syrup
- 1/2 cup plain Greek yogurt
- 3/4 cup milk
- 2 large eggs
- 3/4 cup cornmeal
- 1/2 cup whole wheat flour
- 3/4 T baking powder
- 3/4 t salt
- 1/4 t baking soda

Preheat oven to 375 degrees F. Place butter in 8 or 9 inch ovenproof skillet, and melt on stove over medium heat. Swirl skillet to coat bottom and sides with butter. Cook until butter turns a deep brown and is no longer foamy.

Pour browned butter into a large bowl, being sure to leave the bottom and sides of skillet coated with butter. Whisk in the maple syrup, then whisk in the Greek yogurt and milk. Ensure mixture is cool to the touch, then add eggs. Whisk in cornmeal, flour, baking powder, salt and baking soda.

Pour batter into the skillet. Bake until golden brown and

toothpick inserted into center emerges clean, about 25-30 minutes. Allow to cool in skillet for about 10 minutes before serving.