

For the Back Yard

GRILLED SPICED CHICKEN, BLUEBERRY-FLAX CORNBREAD, & SALAD OF ROMAINE, APPLE, ARUGULA & TOASTED ALMONDS

When it comes to eating on the back deck, the sky is the limit. You can bring goodies right from the grill, and your cooler is as big as, well, your fridge.

Whole Grain Blueberry-Flax Cornbread

Delicious with dinner, or breakfast. For extra indulgence, serve warm with butter; the kids will want seconds.

Prep time: 10 Minutes

Cook time: 25 minutes

Serves: 4-6

INGREDIENTS

1 ½ cups cornmeal	1 tsp salt
1 ½ cups whole-wheat flour	2 eggs
2 TB flax meal	1 ½ cups milk
2 TB sugar or equivalent	¼ cup canola oil
1 TB baking powder	1 cup blueberries

DIRECTIONS

Preheat the oven to 425F. In a large bowl, mix the cornmeal, flour, flax meal, sweetener, baking powder, and salt. In another bowl, whisk the eggs, then whisk in the milk and canola oil.

Pour the egg mixture over the cornmeal mixture and stir to combine into a thick batter. Stir in blueberries until just mixed. Scrape batter into an oiled 9x9 baking dish and bake for 25 minutes or until a toothpick inserted into the center comes out clean. (Frozen blueberries work fine, but the baking will take a little longer.)