

Blueberry Upside-Down Corn Cake



This simple cake strikes the perfect balance of sweetness while celebrating fresh, seasonal fruit!

YIELD 6 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

For the Cake Batter:

½ cup	Flour, all-purpose
½ cup	Cornmeal
2 tsp	Baking Powder
¼ tsp	Salt
1 large	Egg
1/3 cup	Milk, 1%
¼ cup	Water
2 Tbsp	Canola or Vegetable Oil
1/4 cup	Granulated Sugar

For the Fruit:

1 ½ Tbsp	Butter, unsalted
2 Tbsp	Brown Sugar, light or dark
1 tsp	Water
1 cup	Blueberries, fresh

CHEF'S NOTES

This recipe can be made with any fresh, ripe fruit you have on hand – peaches, pineapple, and strawberries are also great options.

This recipe also works well in a greased loaf pan or muffin tin, if you don't have a 6-inch skillet. Simply transfer your cooked berry mixture to the pan before the cake batter, then bake as directed.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 350°F.
2. Make the batter: Combine the flour, cornmeal, baking powder and salt in a medium bowl and whisk to mix thoroughly. In a separate bowl, whisk the egg, milk, water, oil, and sugar together. Mix the wet ingredients into the cornmeal mixture using a spatula or wooden spoon, stirring until well mixed. Set aside.
3. In a 6-inch, well-seasoned cast iron or heavy-duty stainless-steel skillet, melt the butter over medium heat. Add the brown sugar and cook until the sugar dissolves, about 1 minute. Add the water and cook until saucy, about 3 minutes.
4. Carefully pour the batter over the blueberry mixture and place the skillet on rimmed baking sheet. This will catch any spillover in the oven.
5. Bake for 30-40 minutes, until the cake springs back when touched gently or a toothpick inserted in the center comes out clean.

Nutrition Facts

6 servings per container

Serving Size 1 slice (101 g)

Amount per serving

Calories 220

% Daily Value *

Total Fat 9g 11%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 40mg 13%

Sodium 270mg 12%

Total Carbohydrate 33g 12%

Dietary Fiber 2g 6%

Total Sugars 16g

Includes 13g Added Sugars 26%

Protein 4g 7%

Vitamin D 0.33mcg 0%

Calcium 120mg 9%

Iron 1mg 7%

Potassium 99mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

