



Carb Smart Classic Southern Cornbread

Most of the low carb cornbread recipes out there are really almond bread recipes that may have a similar texture, but don't really taste like cornbread. That just doesn't quite cut it for this southern girl. Here's my take on a classic southern cornbread with real corn flavor, and amazing texture. I think I could fool my Nanny with this one!

Masa is a traditionally processed corn flour that's lower glycemic, has a higher nutritional bioavailability, and can be found in most grocery stores in the ethnic aisle. If you don't have an oven proof skillet, you can also bake this in an 8x8 pan, but I like the crunchy crust created by the hot skillet.

Ingredients:

- 2 tablespoons butter
- 2 eggs
- 1/3 cup egg whites
- 3/4 cup water or unsweetened plain almond milk
- 3/4 cups almond flour
- 1/2 cup low carb baking blend like Trim Healthy Mama or use sub in notes
- 1/3 cup corn Masa flour
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon low carb sweetener of choice, optional & very subtle
- 1/8 teaspoon turmeric powder, optional for color



Directions:

1. Place butter in #8 cast iron skillet, ceramic baking dish, or cake pan, and place into oven set on 450°
2. In a mixing bowl, combine remaining ingredients in order listed. I like to mix with a whisk.
3. Dump cornbread batter into hot pan, and bake for 15 minutes or until top just begins to get a few brown spots. You may need to adjust your baking time for the pan you're using.
4. Serve warm with butter.

Notes: If you don't have baking mix, you may sub 7 tablespoons of oat fiber or almond flour, plus 1 tablespoon coconut flour.

Servings: 8

Nutrition Facts Per Serving

Fat	Total Carbs	Net Carbs	Fiber	Protein	WW Points Plus
10	9	5	4	5	5

*to see the Trim Healthy Mama recipe type, [please refer to this chart.](#)

Classic Cornbread Dressing

This classic recipe is inspired by the dressing served in the legendary Francis Virginia Tearoom in Atlanta that closed its doors in 1962. I used to be intimidated by the thought of making stuffing or dressing from scratch, because I'd only ever made the box mix kind. I'm happy to report that the homemade version is very easy. Besides making the cornbread, it's just two steps away from making the box mix. If you can make a pan of cornbread, you can do this!

Ingredients:

- one recipe Carb Smart Classic Southern Cornbread
- 3 Tablespoons butter, divided
- 1 large onion, diced- approx. 1 cup
- 2-3 medium stalks celery, diced - approx. 1 cup
- 1/4 of a large red or green bell pepper, diced- approx. 2 Tablespoons, optional
or sub same amount of chopped leeks or mushrooms
- 1 1/2-1 3/4 chicken broth
- 1/4 teaspoon paprika



Directions:

1. Preheat oven to 375°
2. If you don't want to bake the dressing in your skillet, generously butter 9x9 baking dish.
3. Crumble or slice cornbread into small cubes.
4. Melt 1 Tablespoon butter in a #8 skillet and sauté onion, celery, and bell pepper until starting to brown. I like to brown them up just a bit to get added flavor. Remove from heat.
5. If you'd like to bake it right in the skillet, dump off veggies and add butter to grease the pan.
6. Add your cornbread and veggies into skillet or mixing bowl, folding together with a spoon to get an even mixture.
7. Pour chicken broth in over the bread mix until it's soaked in and damp, but not drippy-soppy-soupy-soaked.
8. Transfer to baking pan.
9. Dot with remaining 2 Tablespoons of butter, and sprinkle with paprika.
10. Bake for 25-28 minutes until browning on top. I used a glass tube pan, and it needed to bake for 32 minutes.

Servings: 9


Nutrition Facts Per Serving

Fat	Total Carbs	Net Carbs	Fiber	Protein	WW Points Plus
13	10	6	4	5	6

Step by Step Dressing Tutorial

Do Ahead Tips: You can bake and crumble or cube up the cornbread, and mix with the sautéed veggies several days in advance. Store in a bag in the fridge or freezer until you're ready to bake, then spoon into prepared dish, add broth, and bake as directed.

This recipe works just fine at 350° or 400° degrees too for times when you're heating things last minute.

Just watch for it to brown and it's ready. 

This dish can really be prepped and baked all in one pot! In my photo tutorial below, I'm showing you how I would prepare it for a feast. But for a casual family dinner night, I'd opt to just mix and bake right in the skillet.



1. Crumble cornbread, or dice into cubes.



2. Sauté veggies in one Tablespoon of butter. I like to brown them to where they smell amazing.



3. Generously butter 9x9 pan. Or a fabulous vintage glass bunt pan...either one. Or just scoop out the sautéed veggies, and spread butter into your skillet.



4. If you're using your skillet, You can add the breadcrumbs and veggies right back in after buttering, and toss them together with a spoon until well incorporated.

Or you can use a mixing bowl...whatever works best for you.



5. Now add your broth. You can use canned, boxed, or boil up some unmentionable turkey parts to create your own.

Add broth until the bread is damp but not falling apart-sloppy-soaked. I stop when I see just a little bit of pooling up the side a little below the halfway mark of the bowl.



6. Gently transfer your dressing mixture into your prepared pan.

Or, if you're baking it right in your skillet you can just skip this step and move right on into the next buttering step below.



7. Dot the top of your dressing with 2 Tablespoons of butter, and dust with paprika for added fanciness.

Although truth be told, I'm not one to try very hard to fancy up the bottom of a bundt.

8. Bake in hot oven until browned on top, between 25-32 minutes. The deeper the dressing, the longer it takes to heat through. My bundt pan took 32 minutes, but my skillet only takes 25.



Tip for busy baking days: The recommended temp is 375°, but I find that I can get away with averaging temps if I'm heating several casseroles at one time. I'd be comfortable baking this anywhere from 350-400°, and just watching for it to get brown.