



Chicken and Cornbread Dressing

*(An all-in-one skillet supper)
(Makes 8-10 servings)*

- 1 cup chopped sweet onion
- 1 cup chopped celery
- 1 tablespoon dried sage (or 2 tbsp. fresh)
- 1 teaspoon each salt and pepper
- 2 tablespoons butter or lard
- 2 cups sprouted corn flour
- 1 teaspoon baking soda (aluminum-free)
- 1 teaspoon baking powder (aluminum-free)
- 2 cups whole buttermilk (organic or raw)
- ½ cup sprouted flour (your choice)
- 2 large eggs, lightly beaten
- ¼ cup butter, melted (organic or raw)
- 2 tablespoons sugar (optional)
- 2 cups chopped cooked chicken

1. Preheat oven to 425 degrees. Sauté onion, celery, and sage in butter or lard in a 12" cast-iron skillet over medium heat 8-10 minutes or until tender. Remove from skillet.

2. Stir together corn flour, baking soda and powder, salt and pepper, flour, sugar, buttermilk, eggs, and melted butter just until moistened. Stir in onion mixture and chicken just until blended. Pour batter into hot 12" skillet.

3. Bake at 425 degrees for 25-30 minutes or until golden brown.

NOTE: A fresh garden salad makes this a great springtime supper.