



# CAST IRON PUMPKIN CORNBREAD

## WITH PUMPKIN SPICE CREAM CHEESE

SERVES 8

### INGREDIENTS

- 1 cup white whole-wheat flour
- ¾ cup stone ground cornmeal
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 1 teaspoon kosher salt
- 1 large egg
- ½ cup buttermilk
- 3 tablespoon maple syrup
- 3 tablespoon grape seed or canola oil
- 1 tablespoon non-fat Greek yogurt
- 1 cup pumpkin puree
- 1 tablespoon unsalted butter for greasing the skillet

### Pumpkin Spice Cream Cheese

- 7 tablespoons Greek yogurt cream cheese, softened for 30 minutes
- 3 tablespoons pumpkin puree
- 1 teaspoon maple syrup
- ½ teaspoon ground cinnamon
- 1/8 teaspoon ground ginger
- 1/8 teaspoon clove
- 1/8 teaspoon nutmeg
- Pinch kosher salt

### INSTRUCTIONS

- 1 Preheat oven to 350 °F.
- 2 Start by washing your hands with warm water and soap for at least 20 seconds before and after handling food. Wash your cutting boards and counter tops with hot soapy water.
- 3 In a medium bowl, whisk together flour, cornmeal, baking powder, baking soda and salt.
- 4 In a large bowl, beat the egg. Wash your hands after handling raw egg. Then mix in buttermilk, syrup, oil and yogurt. Stir the pumpkin puree into the egg mixture. Add the dry ingredients to the wet and stir until just combined.
- 5 Heat a 9-inch cast iron skillet over high until very hot. Add the butter and let it melt. Pour in the batter, scraping all the batter into the skillet. Turn off the heat.
- 6 Now place the skillet filled with batter into the preheated oven. Bake until the bread pulls away from the edges of the skillet and has an internal temperature of 165 °F, about 35-40 minutes.
- 7 Let cool slightly in the pan. Invert onto a cooling rack and cool.
- 8 In a small bowl, mix together the ingredients for cream cheese. Store in the refrigerator until needed.
- 9 Bread can be kept at room temperature for up to 2 days. Will keep an additional week in the refrigerator, covered in foil or plastic wrap. You can also freeze the cornbread. Tightly covering with foil and place in a heavy-duty freezer bag.
- 10 Pumpkin Spice Cream Cheese mixture will last in the refrigerator in an airtight container for 3 to 4 days. Do not freeze.

RECIPE COURTESY OF: **Christie Daruwalla | FoodDoneLight.com**

### CORE FOUR RULES OF FOOD SAFETY

**Clean:**  
Wash hands and surfaces often.

**Separate:**  
Don't cross-contaminate.

**Cook:**  
Cook to the safe internal temperature.

**Chill:**  
Refrigerate or freeze promptly.



Learn more about food safety at [StoryOfYourDinner.org](http://StoryOfYourDinner.org)

BROUGHT TO YOU BY:



Good Food, Good Life