

# WE(ED)S RECIPES

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## Amaranth Hush Puppies

(4-6 servings)

### Ingredients

1 cup yellow cornmeal  
¼ cup all-purpose flour  
1½ teaspoons baking powder  
½ teaspoon salt  
1 egg, lightly beaten  
¾ cup milk  
1 small onion, finely chopped  
¼ cup amaranth leaves, pureed  
Oil

### Instructions

- Combine the cornmeal, flour, baking powder and salt in a large bowl.
- Add egg, milk, amaranth and onion to dry ingredients. Whisk until combined.
- Heat oil (medium/high) in a wide deep pot. Test oil by dropping in a small amount of batter. Small controlled bubbles should form around the batter when the oil is ready.
- Carefully drop batter by teaspoonfuls into oil. Fry 2 to 2½ minutes or until golden brown.
- Drain on paper towels. Serve warm.

