

Cajun Crawfish Corn Bread

Serves 12

~	cooking spray
1/2 cup	all-purpose flour
1 1/2 cup	yellow cornmeal
1 Tbsp	baking powder
2 tsp	all that jazz seasoning
1/2 tsp	salt
1 1/2 cups	cooked crawfish tail meat, coarsely chopped (about 9 ounces)
1 cup	shredded sharp cheddar cheese (4 ounces)
1 cup	low-fat buttermilk
1 Tbsp	butter, melted
1 ea	large egg white, lightly beaten
1 ea	large egg, lightly beaten
1 can	(8 3/4-ounce) can cream-style corn

Preheat oven to 375

Coat a 9-inch cast-iron skillet with cooking spray. Place in 375 oven for 10 minutes.

Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour and next 4 ingredients (flour thru salt) in a large bowl.

Combine crawfish and remaining ingredients in a medium bowl; stir well with a whisk. Add to flour mixture, stirring until moist. Pour batter into preheated pan.

Bake at 375 for 35 minutes or until a wooden pick inserted the center comes out clean.