

# Vidalia Onion Upside-down Cornbread

- 4 slices bacon (optional)
  - 4 tablespoons of butter
  - 1 Vidalia Onion
  - ½ cup masa harina
  - 1 cup THM Baking Blend
  - ½ cup oat fiber
  - 1 ½ teaspoons mineral salt
  - 1 teaspoon turmeric
  - ⅓ cup xes sweetener or THM gentle sweet
  - 1 tablespoon baking powder
  - 6 eggs
  - 16 ounces cottage cheese
  - 1 cup nut milk
1. Preheat the oven to 400 degrees
  2. Fry bacon in a 12-inch cast iron skillet over medium-high heat. If you are using pork bacon you don't need to add anything to the pan ahead of time. If you are using turkey bacon add 2 tablespoons of the butter to the pan with the bacon. If you are not using bacon at all skip to step 3.
  3. While the bacon is crisping, slice the Vidalia onion into rings leaving the rings in order if possible.
  4. When the bacon is finished cooking remove it from the pan and chop it finely. If you used pork bacon, drain the grease from the pan. If you used turkey bacon and butter do NOT drain the pan.

5. Melt the butter (4 tbsp if you used pork bacon or no bacon, the remaining 2 tbsp if you used turkey) in the cast iron skillet. If you have already cooked bacon in this skillet you can turn the heat off after the butter is melted. If you are starting without having cooked bacon you will want to keep the heat under the skillet on medium.
6. Arrange the onion slices close together into the butter, Finely chop the remaining onion and sprinkle it in any spaces between the rings.
7. Let the onions cook on medium heat for 5 minutes then turn off heat and sprinkle the cooked chopped bacon evenly into the pan with the onions.
8. Add the masa, baking blend, oat fiber, sweetener, salt, turmeric, and baking powder in a bowl and stir to combine.
9. In a large bowl, food processor or blender beat eggs, nut milk, and cottage cheese until smooth.
10. Mix the egg/milk/cottage cheese mixture, and dry mixture together. Mix until smooth. The batter will be thick but pourable.
11. Pour the batter over the onions and bacon. Pour carefully, trying not to disturb the design you have created.
12. Smooth the batter evenly in the pan.
13. Bake the cornbread for about 25 minutes or until a skewer inserted in the center comes out clean and the edges are golden.
14. Let the cornbread cool for 10-15 minutes. Run a knife around the edge of the cornbread to loosen it.
15. Place a plate, cooling rack, or cutting board over the pan, and using oven mitts carefully flip the pan over and remove the cornbread from the pan.

You can dress this cornbread up even more if you'd like! Do you like it spicy? Add some chopped jalapenos or green chiles to the batter. Want it cheesy? Cheddar would be a fantastic addition to the batter. The recipe I got my inspiration from included broccoli in the batter so you could even add some veggies if you'd like!

Do not expect a dry crumbly texture with this cornbread. It is a little denser and more moist than most cornbread. Adding another 5 minutes of cooking time may dry it out more if that is your preference, but watch the top to keep it from browning too much.

It does have added sweetener, but it is not as sweet as other sweet cornbread because of the turmeric. If you like sweeter cornbread I would add another 1/4 cup of sweetener. If you don't like sweet cornbread at all I would cut it by 1/4 cup. Personally, I wouldn't leave the sweetener out altogether.