

Monday Makeover ~ Vidalia Onion Upside Down Cornbread

It is Monday, so it is time for another recipe makeover. I love to take favorite recipes and make them THM friendly. One of the biggest hurdles people have to overcome is thinking that healthy eating means never having their favorite foods again. The truth is that you can make a healthy version of almost any meal. And most meals don't require that much work to re-make!



I got my inspiration for this recipe from a recipe I found on [Sweet Savant](#). It sounded great but it was definitely not on plan. So I set about tweaking it to make a delicious “corn bread” style accompaniment to any S meal. I really love cornbread so I hope to try an FP and E version in the near future! This cornbread is not only low-carb but seriously high protein, 16 grams per slice!!

Do not expect a dry crumbly texture with this cornbread. It is

a little denser and more moist than most cornbread. In fact, have you ever had cornbread casserole, you know, that one made with the Jiffy box mix, a can of cream corn, sour cream, etc? It's more like that texture. It is soft, but holds together for slicing. 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.

Please note: This recipe is an 8 serving recipe. It is important to keep to the serving size (they are generous) to stay in S territory. With the addition of the masa, each serving has 5g net carbs. This slices nicely with a serrated knife.

What you will need:

- bacon (optional)
- butter
- Vidalia Onion
- [masa harina](#)
- THM [baking blend](#)
- [oat fiber](#)
- [mineral salt](#)
- turmeric
- [xes sweetener](#) or [gentle sweet](#)
- baking powder

- eggs
- cottage cheese
- nut milk

Vidalia Onion Upside-down Cornbread ~ THM S



- 4 slices bacon (optional)
- 4 tablespoons of butter
- 1 Vidalia Onion
- $\frac{1}{2}$ cup masa harina
- 1 cup THM Baking Blend
- $\frac{1}{2}$ cup oat fiber
- 1 $\frac{1}{2}$ teaspoons mineral salt
- 1 teaspoon turmeric
- $\frac{1}{3}$ cup xes sweetener or 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 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 the cottage cheese until smooth.



10. Mix the egg/milk/cottage cheese mixture, dry mixture together. Mix until smooth. 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 skewer inserted in the center comes out clean and 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!

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Do you have a favorite recipe you would like me to THM'ify? Comment below and I will see what I can do!

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