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Cherry Cobbler With Corn Bread Biscuits

Prep Time: 30 mins

Cook Time: 15 mins

Total Time: 45 mins

Ingredients

- 15 ounce(s) cherries, unsweetened pitted dark, frozen package
- 1/4 cup(s) water, or orange juice
- 2 teaspoon cornstarch
- 3 tablespoon flour, all-purpose
- 2 tablespoon cornmeal
- 1 tablespoon sugar
- 3/4 teaspoon baking powder
- 1/8 teaspoon salt
- 1/8 teaspoon allspice, ground, or nutmeg
- 4 teaspoon butter
- 2 tablespoon refrigerated or frozen egg product, thawed, thawed
- 2 tablespoon milk, fat-free
- ice cream, low-fat, (optional)

Preparation

1. For filling, in a medium saucepan, combine cherries, the water or orange juice, and the cornstarch. Let stand for 20 minutes.
2. Meanwhile, preheat oven to 400°F. For biscuit topping, in a medium bowl, stir together flour, cornmeal, sugar, the baking powder, salt, and allspice or nutmeg. Using a pastry blender or 2 table knives, cut in the butter until mixture resembles coarse crumbs. Make a well in the center of cornmeal mixture. Set aside.
3. Cook and stir the filling over medium heat until thickened and bubbly. Divide fruit mixture among four 10-ounce custard cups or individual baking dishes.
4. In a small bowl, stir together the egg product and milk. Add the egg mixture all at once to the cornmeal mixture. Using a fork, stir just until moistened. Immediately spoon a mound of the biscuit topping on top of the hot filling in each custard cup or baking dish.
5. Bake about 15 minutes or until a toothpick inserted in topping comes out clean. Serve warm. If desired, serve with ice cream.

