

Ingredients:

1 cup cornmeal
1/2 cup all purpose flour
1/2 cup whole wheat flour
2 tablespoon sugar
1 tablespoon baking powder
1 egg, lightly beaten
1/4 cup vegetable oil
1 cup milk, non-fat

Corn Bread

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Directions:

1. Wash your hands with soap and warm water.
2. Heat oven to 400°F and grease 8- or 9-inch square pan.
3. Combine cornmeal, flour, sugar, and baking powder into a large mixing bowl.
4. Add egg, oil, and milk to flour mixture. Mix until ingredients are well blended.
5. Pour batter into prepared pan.
6. Bake 20 to 25 minutes, until firm to touch or wooden pick inserted in the center comes out clean.

Nutrition Facts (Per Serving)

Calories, 100; Carbohydrate, 14 g; Protein, 2 g; Total Fat, 4 g; Saturated Fat, 0 g; Trans Fat, 0 g; Cholesterol, 12 mg; Fiber, 1 g; Total Sugars, 2 g; Sodium, 105 mg; Calcium, 73 mg; Folate, 13 mcg; Iron, 1 mg; Percent Calories from Fat, 36%.

Makes 16 servings, 1 piece each.



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The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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