

Corn Bread

Yield 12 servings

Ingredients

1 cup	cornmeal
1 cup	flour (all purpose)
2 tablespoons	sugar
1 tablespoon	baking powder
1	egg
1/4 cup	vegetable oil
1 cup	milk, non-fat

Instructions

1. Heat oven to 425 degrees. Grease 8- or 9-inch square pan.
2. Measure cornmeal, flour, sugar, and baking powder into a large mixing bowl. Stir to combine ingredients.
3. Crack egg into a small bowl and beat with a fork to combine white and yolk.
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.

Create-a-Flavor Changes:

Buttermilk Corn Bread. Use only 2 teaspoons baking powder and add 1/4 teaspoon baking soda. Substitute 1 cup buttermilk for skim milk.

Whole Wheat Corn Bread. Use 1/2 cup all purpose flour and 1/2 cup whole wheat flour.

Corny Corn Bread. Add 1 cup kernels (fresh, frozen, or canned, well drained) with the milk.

Cheesy Corn Bread. Add 1/2 cup shredded cheddar cheese with the milk.

Chili Cheese Corn Bread. Add 1/2 teaspoon chili powder to the flour mixture. Drain one 4-ounce can chopped green chilies. Add chilies and 1/4 cup shredded Monterey jack cheese with the milk.

Nutrition Facts	
Serving Size 2" square of cornbread, 1/12 of recipe (56g)	
Servings Per Container 12	
Amount Per Serving	
Calories 150	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 140mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 3g	
Vitamin A 2%	• Vitamin C 0%
Calcium 10%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Blueberry Corn Bread. Fold 1 cup blueberries (fresh, frozen, or canned, well drained) into the batter.

Corn Bread Muffins. Pour batter into prepared muffin cups. Bake 20 minutes at 400 degrees.

Cost

Per recipe: \$1.19

Per serving: \$0.09

Source

Cornell Cooperative Extension, Division of Nutritional Sciences, Cooking Up Fun - Muffins & More