

# Cornbread



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

Scan for interactive recipe

**Serves:** 12

**Prep:** 5-10 minutes | **Cook:** 20-25 minutes

## 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 nonfat milk



## DIRECTIONS

1. Wash hands with soap and water.
2. Heat oven to 425°F. Grease 8x8 inch pan.
3. Measure cornmeal, flour, sugar and baking powder into a large mixing bowl. Stir to combine ingredients.
4. Crack egg into a small bowl and beat with a fork to combine white and yolk.
5. Add egg, oil and milk to flour mixture. Mix just until combined with no visible streaks of flour.
6. Pour batter into prepared pan.
7. Bake 20 to 25 minutes, until firm to touch or wooden pick inserted in the center comes out clean.

### Nutrition Information

*Serving Size: 1/12 of recipe*

<b>Calories</b>	<b>137</b>
<b>Total fat</b>	<b>5 g</b>
Saturated Fat	1 g
Trans fat	0 g
<b>Cholesterol</b>	<b>16 mg</b>
<b>Sodium</b>	<b>140 mg</b>
<b>Carbohydrates</b>	<b>19 g</b>
Fiber	1 g
Sugars	3 g
<b>Protein</b>	<b>3 g</b>

Recipe adapted from: MyPlate  
USDA