

Cornbread

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

Recipe adapted from: MyPlate
USDA