



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Corn Bread

- 1 cup sifted all purpose flour
- ¼ cup sugar
- 3 teaspoons baking powder
- ¾ teaspoon salt
- 1 cup yellow cornmeal
- 2 eggs
- 1 cup lowfat milk
- ¼ cup canola oil

1. Preheat oven to 425° F; grease 9x9 inch pan.
2. Combine flour, sugar, baking powder, and salt; stir in cornmeal.
3. Add eggs, milk, and oil. Stir until mixed. (Do not over beat.) Pour into greased pan.
4. Bake for 20 to 25 minutes.
5. Cut into nine 3x3 inch pieces.

Variation:

For low altitude (2,000 feet or below) increase baking powder to 4 teaspoons.

Nutrition Facts

Serving Size: 1 piece (78g)

Servings: 9

Amount Per Serving

Calories 200 Calories from Fat 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 45mg **14%**

Sodium 390mg **16%**

Total Carbohydrate 28g **9%**

Dietary Fiber 1g **5%**

Sugars 7g

Protein 5g

Vitamin A 2% ■ Vitamin C 0%

Calcium 15% ■ Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.

*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to www.uwyo.edu/centsible for more information.



TV Show

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