

Beyond Basic Cornbread

Yield: 8 servings

Ingredients:

3/4 cup all-purpose flour
1 cup white corn meal
3 tablespoons sugar
4 teaspoons baking powder
1 teaspoon salt
1 cup buttermilk
1 egg plus 2 egg whites
1/4 cup canola oil

Procedure:

Whisk together dry ingredients. Lightly beat buttermilk, eggs and oil; add to dry ingredients and mix with a spoon by hand or with an electric mixer until smooth. Don't overbeat. Bake 20 to 25 minutes at 425 F in a 8x8x2 or similar-sized baking pan that's been sprayed with vegetable oil.

about 220
calories and
8.5 grams of fat
per serving

This recipe provides B vitamins and some calcium and iron. Try topping it with a drizzle of maple syrup for added flavor without added fat.



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