Cheesy Spinach Cornbread
Makes 12 servings

Ingredients:
1 cup cornmeal
1 cup flour
2 tablespoons sugar
½ teaspoon salt
1 tablespoon baking powder
1 cup fat free milk
1 egg
¼ cup canola oil
1 10 ounce package frozen, chopped spinach, thawed and drained
1 cup reduced fat cheddar cheese, shredded

Directions:
1. Heat oven to 425° F. Grease an 8” or 9” square baking pan
2. Measure cornmeal, flour, sugar, salt, and baking powder into a bowl. Stir to combine ingredients.
3. In another bowl, beat together milk, egg and oil.
4. Add milk mixture to flour mixture. Add spinach and cheese. Mix until just blended.
5. Pour batter into prepared pan. Bake for 20 – 25 minutes, until firm to the touch.

Source: Recipe adapted by Cayuga County Cornell Cooperative Extension from CDKitchen.com

Nutrition Facts
12 servings per container
Serving size (89g)
Amount per serving
Calories 190

% Daily Value* 
Total Fat 7g 9%
Saturated Fat 1.5g 8%
Trans Fat 0g
Cholesterol 20mg 7%
Sodium 350mg 15%
Total Carbohydrate 23g 8%
Dietary Fiber 1g 4%
Total Sugars 4g
Includes 2g Added Sugars 4%
Protein 7g

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.