Cornbread

Ingredients:

- 3/4 cups all-purpose flour
- 2 1/2 teaspoons baking powder
- 1 1/2 tablespoons sugar
- 1 1/4 cups yellow cornmeal
- 1 egg
- 1 1/2 tablespoons vegetable oil
- 1 cup fat-free milk
- vegetable oil spray

Directions:

1. Preheat oven to 375° F.
2. Mix flour, baking powder, sugar and cornmeal in a bowl.
3. Add the egg, vegetable oil, and milk. Mix just until combined.
4. Pour the batter into an 8-inch square pan that has been sprayed with vegetable oil spray.
5. Bake 30 minutes or until cornbread is done.

Yields about 16 servings

Source: Adapted from Michigan State University Extension – Eating Right is Basic - Enhanced

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Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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