Healthy Recipe of the Month: January 2011

Quick Cornbread

When I arrive home from work and have a crock pot of pinto beans, vegetable soup, or red chile ready to eat, I find this cornbread compliments the meal. It will be ready to serve in ½ hour, and adds the warmth of homemade bread and the benefit of a whole grain. By the time a few tomatoes and peppers are sliced, and the table is set, you are ready to enjoy a wonderful meal.

Let us know if you try out this recipe and let us know what you think!

Recipe submitted by: Nancy Rogers, MS, RDN
Recipe from: Nancy’s Home Recipes

Quick Cornbread

Serves: 20
Cook time: 20-30 minutes
Ready in 30-45 minutes

Ingredients

- 2 cups cornmeal
- 2 cups flour (I use 1 cup of white flour and 1 cup of whole wheat flour)
- 2 Tbsp. baking powder
- 1 tsp salt
- ¼ to 1/3 cup sugar
- 4 eggs, well beaten
- 2/3 cup canola oil
- 2 cups skim milk

Directions

1. Preheat oven to 400 degrees.
2. Spray or rub oil onto a 9 x 13” baking pan.
3. Using a whisk, combine the dry ingredients in a bowl.
4. In another bowl, whisk together the wet ingredients.
5. Then add the wet ingredients into the dry ingredients and pour into the greased pan.
6. Bake for 20-30 minutes or until toothpick inserted into the center of the pan comes out clean.
7. Cut into 20 pieces.
8. The cornbread can be frozen and reheated as well.