

good-for-you cornbread

Prep time: 10 minutes

Cook time: 25 minutes

try this healthier version of a classic comfort food with soups, salads, or the **Cornbread-Crusted Turkey** (on page 32) or **Three-Bean Chili With Chunky Tomatoes** (on page 92)

- 1 C cornmeal
- 1 C flour
- ¼ C sugar
- 1 tsp baking powder
- 1 C low-fat (1 percent) buttermilk
- 1 large egg
- ¼ C soft tub margarine
- 1 tsp vegetable oil (to grease baking pan)

- 1 Preheat oven to 350 °F.
- 2 Mix together cornmeal, flour, sugar, and baking powder.
- 3 In another bowl, combine buttermilk and egg. Beat lightly.
- 4 Slowly add buttermilk and egg mixture to dry ingredients.
- 5 Add margarine and mix by hand or with mixer for 1 minute.
- 6 Bake for 20–25 minutes in an 8- by 8-inch, greased baking dish. Cool. Cut into 10 squares.



yield:

10 servings

serving size:

1 square

each serving provides:

calories	178	total fiber	1 g
total fat	6 g	protein	4 g
saturated fat	1 g	carbohydrates	27 g
cholesterol	22 mg	potassium	132 mg
sodium	94 mg		