

## GOOD-FOR-YOU CORNBREAD

From A Healthier You. Department of Health and Human Services

<http://www.health.gov/dietaryguidelines/dga2005/healthieryou/html/recipes.html>

### **Ingredients**

- 1 cup cornmeal
- 1 cup flour
- ¼ cup white sugar
- 1 tsp. baking powder
- 1 cup buttermilk, low-fat
- 1 egg, whole
- ¼ cup soft (tub) margarine
- 1 tsp. vegetable oil (to grease baking pan)

### **Instructions**

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 the dry ingredients.
5. Add margarine and mix by hand or with a mixer for 1 minute.
6. Bake for 20-25 minutes in an 8- by 8-inch greased baking dish. Cool.
7. Cut into 10 squares.

Makes 10 servings

### **Tip**

Use 1% buttermilk and a smaller amount of margarine to make this cornbread even lower in saturated fat and cholesterol

### **Nutritional information per serving (10 servings)**

Calories: 178

Fat: 6g

Saturated fat: 1g

Cholesterol: 22mg

Sodium: 94mg

Fiber: 1g

Protein: 4g

Carbohydrate: 27g

Potassium: 132mg

