



Crispy Cornbread

Here is a common comfort food that can be used for holiday and family gatherings, and it is one that the kids can help make!

Crispy Cornbread

Makes 6 servings

6 tablespoons flour
3/4 cup cornmeal
1 1/2 teaspoons baking powder
1 tablespoon sugar
1/2 teaspoon salt
1 egg, beaten
1/3 cup milk
2 tablespoons oil
1/4 cup finely chopped green or red pepper

Combine flour, cornmeal, baking powder, sugar and salt in a medium mixing bowl. Beat eggs; add milk and oil. Add liquid mixture to dry ingredients, add peppers and stir only enough to blend. Pour into greased 9x9-inch baking pan, and bake at 425 F for 25 minutes.

Nutritional Analysis Per Serving (using 2% lowfat milk): 161 calories, 4 grams protein, 23 grams carbohydrate, 6 grams fat, 36 milligrams cholesterol, 334 milligrams sodium, 2 grams dietary fiber, 1 milligram iron.

Source: Brenda Derrick, MS, RD, University of Illinois Extension nutrition and wellness educator, Adams-Brown Unit