



Good-for-You Cornbread

Serving size: 1 square

Yield: 10 servings

Ingredients:

1 cup cornmeal

1 cup flour

¼ cup sugar

1 teaspoon baking powder

1 cup low-fat (1%) buttermilk

1 egg, whole

¼ cup margarine, regular, tub

1 teaspoon vegetable oil (to grease baking pan)



Directions:

1. Preheat oven to 350° degrees Fahrenheit.
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 x 8-inch, greased baking dish. Cool. Cut into 10 squares.

Nutrition Facts: Calories ,178; Total Fat, 6 g; Saturated Fat 1 g Cholesterol 22 mg Sodium 94 mg Total Fiber 1 g Protein 4 g Carbohydrates 27 g Potassium 132 mg

Source: *Heart-Healthy Home Cooking: African American Style* from the National Heart, Lung and Blood Institute.



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