



Fun Fact:

Cornmeal is naturally gluten-free. If you need to avoid gluten, always double-check the label.

Cornmeal



What is cornmeal?

Cornmeal is ground dried corn kernels. It tastes less sweet than corn on the cob. Cornmeal can be yellow, white, or even blue.

How to cook with cornmeal:

- As a replacement for flour in some baked goods like cakes, pastries, pancakes, and waffles
- To bread foods like chicken, meats, and veggies
- For thickening soups, sauces, and other dishes

Health Benefits:

Cornmeal is a great source of whole grains, which have fiber, vitamins, and minerals to support our gut health and digestion.



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Double Cornbread

Servings per recipe: 16

Serving size: 2" x 2" square

Prep time: 10 minutes

Cook time: 25 minutes

Ingredients

Nonstick cooking spray
1 cup cornmeal
 $\frac{2}{3}$ cup all-purpose flour
2 tablespoons sugar
2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon baking soda
 $\frac{1}{2}$ teaspoon salt
2 eggs
1 cup low-fat milk
 $\frac{1}{4}$ cup vegetable oil
 $\frac{1}{2}$ small onion, finely chopped
1 (15 ounce) can whole kernel corn,
drained (or 2 cups frozen or fresh
corn kernels)

Directions

1. Preheat oven to 400°F. Spray an 8×8-inch baking pan with nonstick cooking spray.
2. In a large bowl, combine cornmeal, flour, sugar, baking powder, baking soda, and salt.
3. In another bowl, beat together the eggs, milk, oil, and onion. Pour wet ingredients into dry ingredients. Stir until blended. Fold in the corn.
4. Pour into pan and bake for 25 minutes, or until toothpick inserted near the center comes out clean.
5. Cool for 10 minutes. Cut and serve with chili or soup.



Nutrition Facts

16 servings per container
Serving size 2" x 2" square

Amount per serving
Calories 120

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 220mg	10%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 67mg	6%
Iron 1mg	6%
Potassium 92mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.

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