

Misc.

Crisp and Creamy Cornbread

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Servings: 4

Preparation Time: 15 minutes

Bake Time: 30 minutes

3/4 cup all-purpose flour

1/2 cup cornmeal

2 tablespoons sugar

1 teaspoon baking powder

3/4 teaspoon salt

1 egg, lightly beaten

1/2 cup milk

1/4 cup butter, melted

8 1/4 cans cream-style corn

Preheat oven to 375 degrees.

Lightly coat a 8x8x2-inch baking pan with nonstick cooking spray. Set aside.

In a large bowl, combine the flour, cornmeal, sugar, baking powder and salt.

In a medium bowl, combine the egg, milk and butter.

Pour the milk mixture into the flour mixture and stir until combined.

Fold in the cream-style corn.

Spoon the batter into the prepared baking pan.

Bake for 30 minutes or until the top of the cornbread is lightly golden and a toothpick inserted near the center comes out clean.

Cool in the pan on a wire rack for 10 minutes before serving.

Per Serving (excluding unknown items): 312 Calories; 14g Fat (41.2% calories from fat); 7g Protein; 39g Carbohydrate; 2g Dietary Fiber; 88mg Cholesterol; 672mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 2 1/2 Fat; 1/2 Other Carbohydrates.