

Quick Corn Light Bread

cookbook Committee

St Timothy's - Hale Schools - Raleigh, NC - 1976

*1 cup plain corn meal
1/4 to 1/2 cup sugar
(optional)
1 1/4 cups buttermilk
2 teaspoons baking powder
1 cup plain flour
1 egg
1/2 teaspoon salt
3 tablespoons melted
shortening or oil*

Preheat the oven to 425 degrees.

In a bowl, mix the cornmeal, sugar, baking powder, flour and salt. Add the buttermilk and well beaten egg. Finally, add the shortening. Mix well.

Pour into a greased loaf pan.

Bake for 20 to 25 minutes or until a toothpick inserted in the center comes out clean.

Per Serving (excluding unknown items): 203 Calories; 8g Fat (33.9% calories from fat); 16g Protein; 17g Carbohydrate; 0g Dietary Fiber; 223mg Cholesterol; 2432mg Sodium. Exchanges: 1 Lean Meat; 1 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.