EASY CORN BREAD

SERVES 9

Preparation time: 15 minutes
Cook time: 20-25 minutes

INGREDIENTS

1 ¼ cup all-purpose flour
¾ cup corn meal
¼ cup sugar
2 teaspoons baking powder
½ teaspoon salt
1 cup skim milk
¼ cup vegetable oil
2 egg whites, beaten or 1 egg, beaten

DIRECTIONS

1. Heat oven to 400 degrees.
2. Grease a 9x9-inch pan.
3. Combine all dry ingredients.
4. Add milk, oil, and egg and mix in until dry ingredients are moistened.*
5. Pour batter into greased pan.**
6. Bake 20-25 minutes, or until bread is a light golden brown and a wooden toothpick inserted into the center comes out clean.
7. Serve warm.

*To add texture and flavor, mix in a 15.5-ounce can of cream corn and ¼ cup diced pepper to the mix in step four.

**Make muffins instead by pouring batter into a 12-count greased or paper-lined muffin tin. Bake 15-20 minutes.

SIMPLY GOOD EATING

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Cook time: 20-25 minutes
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