# Whole Grain Cornbread

This American classic is great served with warm soup on a cold day! Try it with our Chilly Day Veggie Chili for a filling meal!

**Serves 12**

## Ingredients

- Cooking spray
- 1 cup cornmeal
- 1 cup whole wheat flour
- 1 tablespoon baking powder
- ½ teaspoon salt
- 2 tablespoons honey
- 1 egg
- 1 cup low-fat milk
- ¼ cup canola oil

## Nutrition Facts

Serving Size 1 Slice
Servings Per Recipe 12

**Amount Per Serving**

| | |
|---|---|
| **Calories** 140 | Calories from Fat 50 |
| | **% Daily Value*** |
| **Total Fat** 6g | **9%** |
| Saturated Fat 0.5g | **3%** |
| Trans Fat 0g | |
| **Cholesterol** 15mg | **5%** |
| **Sodium** 240mg | **10%** |
| **Total Carbohydrate** 19g | **6%** |
| Dietary Fiber 2g | **8%** |
| Sugars 4g | |
| **Protein** 3g | |

| | |
|---|---|
| Vitamin A 2% • | Vitamin C 0% |
| Calcium 10% • | Iron 6% |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

## Directions

1. Preheat oven to 400 degrees and grease a 8x8 cooking pan.
2. In a large bowl mix cornmeal, flour, baking powder and salt.
3. In a separate bowl, beat together honey, egg, milk and oil.
4. Make a well in the middle of the dry ingredients and pour in the wet ingredients. Stir until everything is incorporated and just until smooth.
5. Pour into greased 8x8 pan and bake 25-30 minutes, until golden in color and slightly cracked on top.
6. Enjoy immediately or store in the refrigerator for up to 4 days.

Adapted from: http://www.kitchenstewardship.com/recipes/whole-grain-cornbread-or-muffins/#1WLJBulxiJjduP21.99

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