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

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.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Slice</td>
<td>140</td>
<td>50</td>
<td>9%</td>
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</tbody>
</table>

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.

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