

An illustration of three ears of corn in various stages of being husked. A spider is shown on the left, holding a web that is attached to the corn. The background is light green and yellow.

Confetti Cornbread

Ingredients:

1 cup white, yellow or whole grain cornmeal
1 cup all-purpose flour
1 or 2 tablespoons sugar, optional
2½ teaspoons baking powder
½ teaspoon salt
1 egg
1 cup low-fat milk or skim milk
3 tablespoons melted butter or vegetable oil
1 cup shredded Cheddar cheese or reduced fat cheese
⅓ cup chopped green onions
⅓ cup chopped green, red or yellow peppers

Preparation Time: 10 minutes
Baking Time: 25 to 30 minutes
Makes: 12 squares or wedges

Directions:

1. Preheat oven to 425 °F.
 2. Grease bottom and sides of 9-inch square or round baking pan.
 3. Combine cornmeal, flour, sugar, baking powder and salt in medium mixing bowl.
 4. Beat egg with fork or whisk in separate small mixing bowl. Add milk and melted butter, beating well.
 5. Add egg mixture to dry ingredients; mix only until dry ingredients are combined.
 6. Stir in cheese, onions and peppers. Do not over mix, the batter will not be smooth. Pour batter into greased pan.
 7. Bake 25 to 30 minutes until golden brown and wooden pick inserted in center comes out clean.
- Option:** Pour batter into greased muffin cups. Bake 18 to 20 minutes. Makes 12 muffins.

An illustration of two purple butterflies with blue spots on their wings, perched on a corn cob. There are also some strawberries and blueberries nearby.

Family Activity:

Beginning bakers can use a cornbread baking mix and learn measuring, mixing and portioning skills.

Nutrition Facts (1 serving/66g)

Calories: 154, Protein: 6g, Carbohydrates: 18g, Dietary Fiber: 1g, Fat: 7g, Saturated Fat: 3g, Mono Fat: 1g, Cholesterol: 36mg, Calcium: 120mg, Potassium: 101mg, Sodium: 313mg

An illustration of a corn cob and a strawberry.

Fun Fact:

Corn is a grain and staple crop of ancient cultures in the Americas cultivated as early as 300 B.C.

An illustration of a corn cob and a strawberry.

Vocabulary:

Cornmeal:

dried yellow, blue or white corn kernels ground into fine, medium or coarse meal. Cornmeal may be degerminated or wholegrain.