



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.



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



Fun Fact:

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



Vocabulary:

Cornmeal:

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