

Double Corn Bread

*Makes 12 muffins,
9" x 9" pan or one 8" skillet*

Ingredients:

1 cup cornmeal
1/2 cup all-purpose flour
4 teaspoons baking powder
2 egg whites (or 1/4 cup egg substitute)
1/2 cup fat-free sour cream
2 Tablespoons canola oil
1 8.5 ounce can (1 cup) creamed corn
Nonstick baking spray

Directions:

Preheat oven to 425°. If using iron skillet, place skillet in oven to heat. Combine cornmeal, flour and baking powder in large mixing bowl. Mix well. Separate eggs or measure egg substitute and place in small bowl. Add sour cream, oil and creamed corn and mix well. Add corn mixture to dry ingredients and stir only enough to dampen flour. If using muffin tins or 9" x 9" pan, spray with nonstick baking spray. If using iron skillet, remove from oven and hold away from face and oven while spraying lightly with nonstick baking spray. Spoon batter into muffin tin or pan. Spray top lightly with baking spray. Bake muffins for 20 minutes; pan or skillet bread for 25 minutes. Remove from oven and serve warm. Cut bread into 12 servings.

Nutrition Information per serving:

Calories: 101 calories	Sodium: 237 g
Carbohydrate: 19 g	Protein: 3 g
Fat: 2.6 g	