



Southern Cornbread

This is a traditional cornbread recipe. Make ahead and serve with Firehouse Chili or Turkey Cabbage soup for a satisfying and filling meal.

8 servings

1 ½ C. cornmeal

½ C. flour

½ tsp. salt

1 tsp. baking powder

1 large egg

2 Tbsp. canola oil

1 ½ C. nonfat butter milk (or nonfat milk)

- Preheat oven to 450°. Spray 8-inch square or round baking pan with non-stick spray.
- Mix cornmeal, baking powder and salt in a medium bowl. Add egg, oil and milk stir until just combined. Pour into prepared pan.
- Bake until the bread is firm and lightly golden, about 20 minutes. Enjoy!
- For muffins, spray 8-12 muffin tins with cooking spray. Check after 15 minutes in the oven.

Recipe adapted from [Eating Well Magazine](#)

Nutritional Information for 1/8 recipe:

Calories 172

Total Fat 5g

Saturated fat <1g

Cholesterol 27mg

Carbohydrates 24g

Dietary Fiber 3g