

Southern Cornbread

This Southern side dish staple adds flavor to any meal.

Ingredients

Servings: 12

- Cooking spray
 - 1 cup yellow cornmeal
 - 1/2 cup all-purpose flour
 - 1/2 cup whole-wheat flour
 - 2 Tbsp. sugar
 - 1/2 tsp. baking soda
 - 1/2 tsp. baking powder
 - 1/8 tsp. salt
 - 1 cup no-salt-added cream-style corn (undrained)
 - 1/2 cup frozen whole kernel corn (thawed)
 - 1/2 cup low-fat buttermilk
 - 1/4 cup fat-free milk
 - 1 large egg
 - 2 Tbsp. canola oil
- OR
- 2 tablespoon corn oil

Directions

1. Preheat the oven to 425°F. Lightly spray a 9-inch square or round baking pan or pie pan with cooking spray.
2. In a large bowl, stir together the cornmeal, both flours, sugar, baking soda, baking powder, and salt. Make a well in the center.
3. In a medium bowl, stir together the remaining ingredients. Pour into the well in the flour mixture, stirring just until moistened. Spoon into the baking pan. Lightly spray the top of the batter with cooking spray.
4. Bake for 20 to 25 minutes, or until a wooden toothpick inserted in the center comes out clean. Transfer the pan to a cooling rack and let cool for 5 to 10 minutes before slicing.

Quick Tips

Tip: Serving size 1 piece

Nutrition Facts

Calories
139 Per Serving

Protein
4g Per Serving

Fiber
2g Per Serving

Nutrition Facts	
Calories	139
Total Fat	3.5 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	2.0 g
Cholesterol	16 mg
Sodium	114 mg
Total Carbohydrate	25 g
Dietary Fiber	2 g
Sugars	4 g
Protein	4 g

Dietary Exchanges

1 1/2 starch, 1/2 fat

References

1. American Heart Association. 2024. Web address: <https://recipes.heart.org/en/recipes/southern-cornbread>