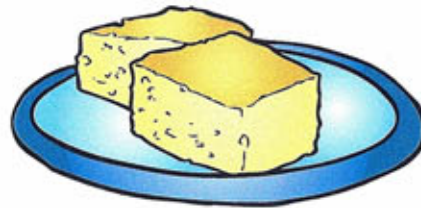


Good-for-You Cornbread

This is not only good *for* you, but good *in* you—making it a healthy comfort food.

- 1 cup cornmeal
- 1 cup flour
- ¼ cup sugar
- 1 teaspoon baking powder
- 1 cup low-fat (1%) buttermilk*
- 1 egg, whole
- ¼ cup margarine, regular, tub
- 1 teaspoon vegetable oil (to grease baking pan)



1. Preheat oven to 350 °F.
2. Mix together cornmeal, flour, sugar, and baking powder.
3. In another bowl, combine buttermilk and egg. Beat lightly.
4. Slowly add buttermilk and egg mixture to dry ingredients.
5. Add margarine and mix by hand or with mixer for 1 minute.
6. Bake for 20–25 minutes in an 8 x 8-inch, greased baking dish. Cool. Cut into 10 squares.

* substitute: 1 T white vinegar and 1 cup milk. Stir & let stand 5 minutes.

Yield:	10 servings
Serving size:	1 square
Calories	178
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	22 mg
Sodium	94 mg
Total Fiber	1 g
Protein	4 g
Carbohydrates	27 g
Potassium	132 mg

