CORNBREAD

**Serves: 6**

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| You can buy a cornbread mix, but with just a few ingredients, you can also make it from scratch, and this way you know exactly what’s in the recipe. | **Cost Per Recipe**  **Cost Per Person** | **Time Required**  Prep: 10mins  Cook: 25mins |  |

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| **Ingredients** | **Procedure** |
| * 1 ½ cups buttermilk or 1 ¼ cups milk + 1 Tbs vinegar * 2 Tbs canola oil * 1 ½ cups medium-grind cornmeal * ½ cup all-purpose flour * 1 ½ teaspoons baking powder * 1 teaspoon salt * 1 Tbs sugar * 1 egg   All of this can be bought at Aldi / Shop n Save / Schnucks | 1. Preheat oven to 375F. Spray 8x8 pan with nonstick cooking spray and set aside. 2. If you’re using buttermilk, skip to step 3. If you’re using milk, add vinegar to sour it. 3. Combine dry ingredients in a bowl. 4. Beat egg into milk/buttermilk and add the butter or oil. 5. Stir the liquid into the dry ingredients and stir to combine. Do not overmix. If it’s too dry, add a tablespoon or two more of milk. 6. Pour the batter into the prepared pan, and place in oven. 7. Bake for 25-30 minutes, or until a toothpick inserted into the center is clean. |

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| **Other Thoughts / Variations on the Recipe / Nutrition Information** |
| * Consider a discussion of partially hydrogenated oils, which are almost always present in cornbread mixes. While this may be an economical option, be sure to price out the mix vs the individual ingredients…it might be a wash ☺. |