

Directions:

- 1. Preheat oven to 425 °F.
- **2.** Grease bottom and sides of 9-inch square or round baking pan.
- **3.** Combine cornmeal, flour, sugar, baking powder and salt in medium mixing bowl.
- **4.** Beat egg with fork or whisk in separate small mixing bowl. Add milk and melted butter, beating well.
- **5.** Add egg mixture to dry ingredients; mix only until dry ingredients are combined.
- **6.** Stir in cheese, onions and peppers. Do not over mix, the batter will not be smooth. Pour batter into greased pan.
- **7.** Bake 25 to 30 minutes until golden brown and wooden pick inserted in center comes out clean.

Option: Pour batter into greased muffin cups. Bake 18 to 20 minutes. Makes 12 muffins.



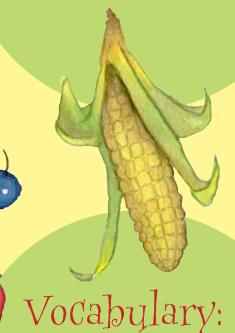
Beginning bakers can use a cornbread baking mix and learn measuring, mixing and portioning skills.

Nutrition Facts (1 serving/66g)

Calories: 154, Protein: 6g, Carbohydrates: 18g, Dietary Fiber: 1g, Fat: 7g, Saturated Fat: 3g, Mono Fat: 1g, Cholesterol: 36mg, Calcium: 120mg, Potassium: 101mg, Sodium: 313mg



Corn is a grain and staple crop of ancient cultures in the Americas cultivated as early as 300 B.C.



Cornmeal:

dried yellow, blue or white corn kernels ground into fine, medium or coarse meal. Cornmeal may be degerminated or wholegrain.

