

Corn Bread

Preparation time	20 minutes
Cooking time	20 minutes
Servings	8 (16 squares, 2 per person)
Cost per serving	35¢
Storage	3 days in the fridge. The bread is tastiest when served immediately.
Kitchen tools	Measuring cups and spoons, 2 large bowls, 8-inch square baking dish, parchment paper (or oil), fork, spatula



Ingredients



250 ml (1 cup)
all-purpose flour



250 ml (1 cup)
quick cooking polenta



60 ml (¼ cup)
sugar



15 ml (1 tbsp)
baking powder



5 ml (1 tsp)
salt



1 ml (¼ tsp)
pepper



250 ml (1 cup)
milk

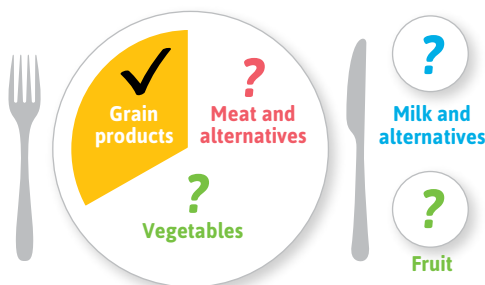


2 eggs



125 ml (½ cup) melted
butter or non-hydrogenated
margarine

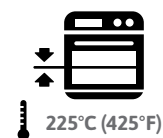
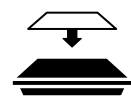





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Balanced plate

✓ One serving of this side dish is a tasty way to add a portion of grain products to your menu.

Directions

1	Place oven rack in the middle position and preheat the oven to 225°C (425°F). Oil an 8-inch square baking dish or line with parchment paper.	 
2	In a large bowl, combine the flour, polenta, sugar, baking powder, salt and pepper .	
3	In another bowl, add the milk, egg and melted butter or margarine , and mix with a fork.	
4	Add the milk mixture to the flour mixture, stirring gently with a spatula until the batter has a smooth and even texture.	
5	Pour the batter into the baking dish.	
6	Bake for about 20 minutes, or until a toothpick inserted in the centre of the bread comes out clean.	

My rating: ★ ★ ★

This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition