

CORN BREAD

INGREDIENTS

- 1 cup sifted all-purpose flour
- 1/4 cup sugar
- 3 teaspoons baking powder
- 3/4 teaspoon salt
- 1 cup yellow cornmeal
- 2 eggs
- 1 cup milk
- 1/4 cup vegetable oil



DIRECTIONS

1. Preheat oven to 425 degrees Fahrenheit. Grease 9x9x2 inch pan.
2. Combine flour, sugar, baking powder and salt. Add cornmeal and stir
3. Add eggs, milk and vegetable oil. Stir until mixed (do not over-mix) Pour into greased pan.
4. Bake for 20-25 minutes.
5. Cut into nine pieces.

TIPS

- Serve on the side of soup or stew dishes.
- Add whole corn kernels for texture.
- Add diced jalapenos for some spice.



This recipe card has been developed as part of the Cheyenne River **Cooking for Health** (Wičhózaŋni Étkiya Lol'íwaŋ'aŋ) Project.

For more diabetes-friendly recipes, visit
www.mbiri.com/projects/cookingforhealth.



The project was done in partnership with University of Washington, Missouri Breaks Research, and the Cheyenne River Sioux Tribe and was funded by NIH/NIMHD R01MD011596.

Nutrition Facts

Serving Size 1 piece (80.73g)

Servings Per Container 9

Amount Per Serving

Calories 180

Calories from Fat 45

% Daily Value*

Total Fat 5g

8%

Saturated Fat 0.5g

3%

Trans Fat 0g

Cholesterol 20mg

7%

Sodium 220mg

9%

Total Carbohydrate 29g

10%

Dietary Fiber 2g

8%

Sugars 6g

Protein 5g

10%

*Percent Daily Values are based on a 2,000 calorie diet.

MISSOURI BREAKS



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