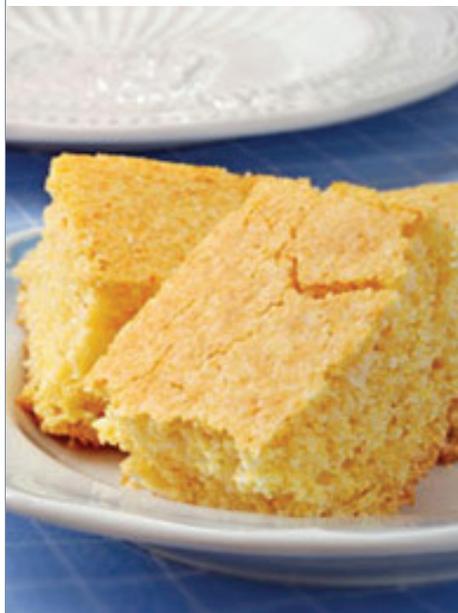


# Cornbread

Eat it alone as a tasty snack or serve this cornbread as the perfect side dish to any meal.



Try cornbread as a delicious alternative to regular bread. Serve it with a hot bowl of soup, as a side to a crunchy salad or with a nice cup of tea for an afternoon snack.

## Ingredients:

- 1 1/2 cups yellow cornmeal
- 1/2 cup whole wheat pastry flour
- 1 tsp baking powder
- 3 T sugar
- 1/2 tsp salt
- 1 large beaten egg
- 3T canola oil
- 1 1/2 cups nonfat milk

## Preparation:

Preheat oven to 450. Mix cornmeal, flour, baking powder, salt and sugar in a bowl. Add egg, oil and milk. Stir and combine. Spray a glass baking dish with a generous amount of cooking spray and pour in batter. Bake about 20 minutes, until cornbread is firm in the middle and golden on top.

## Nutrition Facts

Yield 8 servings

Amount Per Serving

**Calories** 190

**Fat** 7 g

**Protein** 5 g

**Carbs** 28 g

**Fiber** 4 g

**Sodium** 230 mg

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