Sweet Corn Bread

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My basic corn bread recipe bakes up golden brown and tender. Plus, it's easy to modify into muffins or dressed-up corn breads.

1 cup all-purpose flour
1 cup cornmeal
1/4 cup sugar
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 egg, lightly beaten
1 cup (8 ounces) sour cream
1/3 cup milk
1/4 cup butter, melted

1) In a large bowl, combine the flour, cornmeal, sugar, baking powder, baking soda and salt. Combine the egg, sour cream, milk and butter; stir into dry ingredients just until moistened.

2) Pour into a greased 8-in. square baking dish. Bake at 400° for 20-25 minutes or until a toothpick comes out clean. Serve warm.

Yield: 9 servings.

NUTRITION FACTS: 1 serving equals 240 calories, 11 g fat (7 g saturated fat, 56 mg cholesterol, 300 mg sodium, 29 g carbohydrate, 2 g fiber, 5 g protein.

SWEET CORN BREAD MUFFINS: Follow recipe as directed except fill greased muffin cups two-thirds full. Bake at 400° for 15-18 minutes or until a toothpick inserted near the center comes out clean. Serve warm.

Yield: about 15 muffins.