



SWEET CORN BREAD

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

Bowl 1
Bowl 2

- 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.