

## Ingredients:

- Cooking spray
- 1 cup yellow cornmeal
- 1/2 cup all-purpose flour
- 1/2 cup whole wheat flour
- 2 tbsp. sugar
- 1/2 tsp. baking soda
- 1/2 tsp. baking powder
- 1/8 tsp. salt
- 1 cup no-salt-added cream-style corn (undrained)
- 1/2 cup frozen whole kernel corn (thawed)
- 1/2 cup low-fat buttermilk
- 2 tbsp. canola oil
- 1/4 cup fat free milk
- 1 large egg

## Directions:

1. Preheat oven to 425 degrees F. Lightly spray 9-inch square or round baking pan or pie pan with cooking spray.
2. In a large bowl, stir together the cornmeal, both flours, sugar, baking soda, baking powder and salt. Make a well in the center.
3. In a medium bowl, stir together remaining ingredients. Pour into well in flour mixture, stirring just until combined. Be careful to not over mix. Spoon into baking pan. Lightly spray top of batter with cooking spray.
4. Bake for 20-25 minutes or until wooden toothpick inserted in the center comes out clean. Transfer the pan to a cooling rack and let cool for 5-10 minutes before slicing.



## Tips:

- Braising is a great way to cook budget pieces of meat slowly using heat with a little bit of liquid. Think brisket and shoulder.
- A portion of meat is 3 ounces, which is about the size of a deck of cards.

## Nutrition Facts

Serving size	1/12 of Recipe
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>140</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 115mg	<b>5%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein</b> 4g	<b>8%</b>

Not a significant source of vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.