

# WGR Cornbread

Recipe Component: Grain

Recipe Category: Bread

Recipe # New School Cuisine p. 133 modified serving size

Ingredients	45 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Whole grain cornmeal		3 cup			<p>1. Preheat convection oven to 325°F or conventional oven to 350°F. Grease sheet pan(s). For 45 servings, grease a half sheet pan, for 90 servings grease a full sheet pan or two half sheet pans.</p> <p>2. Whisk together cornmeal, flour, sugar, salt and baking powder in a large bowl.</p> <p>3. Whisk together eggs, milk and melted butter (or oil) in another large bowl.</p> <p>4. Add the dry ingredients to the wet ingredients and stir just until combined. Do not overmix.</p> <p>5. Pour into the prepared pan and spread evenly.</p> <p>6. Bake until golden brown and the bread is pulling away from the pan; about 20 to 30 minutes. It is normal for the top to crack. The streak of batter visible through the crack will appear dry and the bread will pull away from pan.</p> <p>7. To test for doneness, insert a clean knife into center of the bread. If the knife comes out clean or with a few moist crumbs clinging to it, the cornbread is done.</p>
Whole wheat flour		1 ½ cups			
Enriched all-purpose flour		1 ½ cups			
Granulated sugar		1 cup			
Salt		1 ½ tsp			
Baking powder		1 ½ Tbsp			
Fresh pasteurized eggs, large		4 each			
OR		OR			
Whole pasteurized eggs, liquid		¾ cup			
Low-fat milk		3 cup			
Melted butter or oil		½ cup			

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## Notes:

Make sure your cornmeal, corn flour, grits, or polenta is labeled "whole corn" or "whole grain corn." If the label says "degermed corn" than the nutritious germ has been removed from the corn, and it's not whole grain

If you use unsalted butter, add another ¼ tsp of salt.



<b>Serving:</b> 1 piece provides 1 oz grain	Yield:	
1-2 years: ½ piece	<b>45 Servings:</b>	Half sheet pan
3-5 years: ½ piece		
6-18 years: 1 piece	<b>90 Servings:</b>	Full sheet pan

Nutrients Per Serving					
<b>Calories</b>	108.45	<b>Saturated Fat</b>	1.61 g	<b>Iron</b>	0.68 mg
<b>Protein</b>	2.75 g	<b>Cholesterol</b>	22.82 mg	<b>Calcium</b>	35.59 mg
<b>Carbohydrate</b>	17.92 g	<b>Vitamin A</b>	34.24 RAE mcg	<b>Sodium</b>	164.47 mg
<b>Total Fat</b>	3.11 g	<b>Vitamin C</b>	0 mg	<b>Dietary Fiber (2016)</b>	1.13 g