



## Double Cornbread

### Ingredients

- Nonstick cooking spray
- 1 cup cornmeal
- ½ cup all-purpose flour
- 4 teaspoons baking powder
- ½ cup reduced-fat sour cream or plain Greek yogurt
- 2 tablespoons canola oil
- 8 ounces canned creamed corn
- 2 eggs

### Directions

1. Heat oven to 425°F. Spray muffin tins or baking pan with nonstick cooking spray. Set aside. If using cast iron skillet, place skillet in oven to heat.
2. Combine cornmeal, flour, and baking powder in a mixing bowl. Mix well.
3. In a separate bowl, add sour cream, oil, creamed corn, and eggs and mix well.
4. Add egg mixture to dry ingredients and stir only enough to dampen flour.
5. If using a cast iron skillet, remove from oven and hold away from face and oven while spraying lightly with nonstick cooking spray.
6. Spoon batter into cooking pan of choice. Spray top lightly with cooking spray.
7. If using muffin tins, bake for 20 minutes. If using baking dish or cast iron skillet, bake for 25 minutes.
8. Remove from oven. If cornbread is in a baking pan or skillet, cut it into 12 servings. Serve warm.

### Nutrition Facts

Serving Size 1 serving (64.59g)  
Servings Per Container 12

**Amount Per Serving**

**Calories** 150      **Calories from Fat** 40

**% Daily Value\***

**Total Fat** 4.5g      **7%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol** 35mg      **12%**

**Sodium** 250mg      **10%**

**Total Carbohydrate** 22g      **7%**

Dietary Fiber 2g      **8%**

Sugars 1g

**Protein** 5g

Vitamin A 0%      •      Vitamin C 0%

Calcium 15%      •      Iron 6%

\* Percent Daily Values are based on a 2,000 calorie diet.