



Winter Recipe 2

Cornbread

Makes 16 servings

The special qualities of this recipe are the lack of dairy products and eggs in a main dish that is attractive, light and delicious. Soymilk acts as a mild leavening agent in addition to the baking powder. Baking cornbread in cast-iron pans makes for the best crust.

- 1½ cups yellow corn flour (preferred) or cornmeal (fine- or medium-grinds preferred)
- 1½ cups unbleached white pastry flour
- 4 teaspoons aluminum-free baking powder
- 1/2 teaspoon unrefined sea salt
- 6 tablespoons high-heat vegetable oil, ie. Spectrum walnut oil, etc.
- 6 tablespoons pure maple syrup or honey (brown rice syrup is best, but unavailable lately)
- 2 cups soymilk (I prefer Edensoy Original)

1. Preheat oven to 350°. Brush a 2- or 2½-quart baking dish or a cast-iron skillet with oil. Heat the pan in the oven while you make the batter; this is an optional step.
2. To make batter, mix dry ingredients in a bowl. Mix wet ingredients in another bowl and gently whisk with dry ingredients. Batter should be thin and pourable.
3. Pour batter into baking dish. Bake until cornbread tests done, 30 to 35 minutes.

*Variation: **Cornmeal Muffins:** Makes 16. For variety, spoon 1 teaspoon salsa in center of tops.*

For 16 servings, per serving:

Calories: 182 Protein: 4gm Saturated Fat: 0.4gm Fiber: 3gm Carbohydrates: 27gm Fat: 6gm

Cholesterol: 0 Sodium: 178mg

Calories from Protein: 9% Calories from Fats: 31% Calories from Carbohydrates: 60%