

Corny Cornbread

Courtesy of Carole's Creations

Prep Time: 5 minutes

Cooking Time: 15-20 minutes

Serves: 4 to 6 pieces

CChints: Cornbread is an excellent side for a soup like Carole's Navy Bean and Ham. Double the recipe to make more and bake in 9x13 pan.



8.5 ounce box Cornbread mix (we like Jiffy brand)

1 egg, beaten

1/3 cup skim milk

1/2 teaspoon sugar or Splenda

1 cup frozen corn, thawed

Cooking spray

Serve with your favorite butter or unsalted butter or one that lowers cholesterol

Preheat oven to 400 F and get out an 8x8 baking pan.

Blend egg and milk together in a mixing bowl. Stir in the cornbread mix and sugar. The batter will be a little lumpy and that is okay. Add the corn and let the batter rest for 4 minutes while you wait for the oven to heat.

Spray and 8x8 baking pan with cooking spray. Pour the batter in and gently spread it out evenly in the pan.

Bake 15-20 minutes until golden brown. Cut into pieces and lift gently out of the pan. Serve quickly with butter so it melts into the cornbread.

This recipe will make:

four 4 inch by 4 inch pieces or

six 4 inch by 2 inch pieces

Any leftovers can be stored in an airtight container. To heat any leftovers, transfer them to a microwavable plate and cook for 30 seconds.