

Corn Bread *Makes 12—2 inch square servings*

1 cup cornmeal	1 egg
1 cup all purpose flour	1/4 cup vegetable oil
1 Tablespoon sugar	1 cup milk*
1 Tablespoon baking powder	

1. Heat oven to 425 degrees. Grease 8- or 9-inch square pan.
2. Measure cornmeal, flour, sugar, and baking powder into a large mixing bowl. Stir to combine ingredients.
3. Crack egg into a small bowl and beat with a fork to combine white and yolk.
4. Add egg, oil, and milk to flour mixture. Mix until ingredients are just mixed. There may be a few small lumps.
5. Pour batter into prepared pan.
6. Bake 20 to 25 minutes, until firm to touch or wooden pick inserted in the center comes out clean.

* Use low-fat or fat-free milk