

# BUTTERMILK CORNBREAD

YIELD: 100 3 oz. servings

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This is a classic cornbread recipe, simple and delicious. This has a fraction of the sugar of pre-made mixes, and none of the preservatives or unpronounceable ingredients. It's easy to make and stores well in the freezer, so make a big batch and freeze what you don't need!

## INGREDIENTS

- 5 cups whole grain wheat flour
- 5 cups cornmeal
- 1 cup granulated sugar
- 6 TBSP + 2 tsp baking powder
- 1 TBSP + 2 tsp salt
- 10 eggs, large
- 5 cups low-fat buttermilk
- 1 cup butter-margarine blend, melted

## DIRECTIONS

1. Pre-heat oven to 425°F. Prepare a large sheet pan by spraying with cooking spray.
2. In a mixer fitted with the paddle attachment, mix together flour, cornmeal, sugar, baking powder and salt.
3. With the mixer on low, add the eggs, buttermilk and melted butter. Mix until somewhat smooth, but do not overmix.
4. Pour the batter onto the sheet pan and spread evenly using an off-set spatula.
5. Bake for 20 minutes or until fully cooked, and a toothpick or cake tester inserted into the middle of the pan comes out clean.
6. Allow to cool before portioning. Can be made ahead of time and frozen for up to 1 month.

## RECIPE NOTES - BUTTERMILK CORNBREAD

Nutritional information per serving\*: 86 calories; .88 g sat. fat; 125.6 mg sodium; 13.4 g carbohydrate

*\* nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*