



Cornmeal Master Mix

Wish you had time to whip up a batch of corn muffins to go with the steaming hot chili you are serving for dinner? Now you can. Make a batch of **Cornmeal Master Mix** and you'll be able to make cornbread or corn muffins quickly and at a lower cost than store-bought mixes.

Cornmeal Master Mix uses common household ingredients such as cornmeal, flour and nonfat dry milk. Always use good-quality ingredients and measure carefully when making a mix. To save money, shop for ingredients when they are on sale, and label ingredients with the date of purchase.

★ **Cornmeal Master Mix**

7 c. cornmeal	1 Tbsp. salt
2 c. unsifted regular flour	¼ c. sugar
4 Tbsp. baking powder	1 c. shortening
1⅓ c. nonfat dry milk	

Combine all dry ingredients and stir carefully to blend. Add shortening and use a fork, two knives or a pastry blender to blend the shortening into dry ingredients. The mixture should look like cornmeal. Label with date and store in a covered container in a cool, dry place (or in the refrigerator) for up to eight weeks.

Yield: 14 cups

Oven Cornbread

2 c. **Cornbread Master Mix**
2 eggs, beaten
1 c. water

Preheat oven to 400 F. Measure Cornbread Master Mix into bowl. Combine eggs and water in large measuring cup. Pour ½ cup water-egg mixture over mix and stir to blend. Add remaining ½ cup water-egg mixture and beat until smooth. Pour into a well-greased 8-by-8-inch pan or a 10-inch iron skillet. Bake in 400 F oven for 20 to 25 minutes.

Makes eight servings.

Per serving: 136 calories, 19 g carbohydrate, 5.3 g fat, 1.6 g fiber and 269 mg sodium

Tip: For variety, add these ingredients:

Harvest-Corn Squares: Add 2 Tbsp. sugar and ¾ cup diced apples to Cornbread Master Mix.

Onion-Cheese Cornbread: Add ⅓ cup chopped onion and ½ cup shredded cheddar cheese to Cornbread Master Mix.

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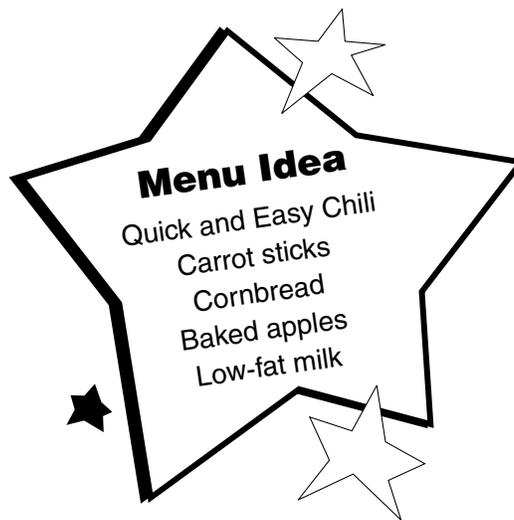
2 c. **Cornmeal Master Mix**
1 Tbsp. sugar
2 eggs, beaten
1 c. water
1 Tbsp. melted shortening
or margarine

Preheat oven to 400 F. Combine Cornmeal Master Mix and sugar in bowl. Combine eggs, water and shortening in separate bowl. Pour half of liquid into mix; blend. Add rest of liquid and beat. Fill greased muffin tins two-thirds full and bake for 20 minutes.

Makes 12 servings.

Per serving: 136 calories, 19g carbohydrate, 5g fat, 1.6g fiber and 269mg sodium

 **Tip: For variety, add $\frac{2}{3}$ cup well-drained canned corn or increase sugar to $\frac{1}{4}$ cup and add $\frac{1}{2}$ cup favorite fruit or nuts.**



Menu Idea

Quick and Easy Chili
Carrot sticks
Cornbread
Baked apples
Low-fat milk

Quick Drop Biscuits

2 c. **Cornmeal Master Mix**
 $\frac{1}{2}$ c. water

Preheat oven to 425 F. Add water to the cornmeal mix and stir only enough to mix. Drop by tablespoonfuls onto a greased pan. Bake for 12 minutes.

Makes 12 muffins.

 **Tip: Cornbread goes great with chili. Serve Quick and Easy Chili with cornbread or corn muffins for a meal your family will love.**

Quick and Easy Chili

3 c. cooked or canned pinto or red beans
 $1\frac{1}{2}$ lb. lean hamburger
3 (8-oz.) cans tomato sauce
1 onion, chopped
1 clove garlic, chopped
3 Tbsp. chili powder
2 tsp. cumin
1 tsp. paprika
1 tsp. thyme
1 tsp. oregano

Sauté hamburger and chopped onion; drain. Add to beans with spices, garlic and tomatoes. Salt and pepper to taste. Simmer one hour or until heated and flavors blend.

Makes eight servings.

Per serving: 213 calories, 22g carbohydrate, 4g fat, 7.5g fiber and 575mg sodium

For more information about nutrition and food safety, visit www.ag.ndsu.edu/food

Compiled by Julie Garden-Robinson, Ph.D., R.D., L.R.D., food and nutrition specialist; Bridget Curley, program assistant (former); and Tera Sandvik, project coordinator (former).

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