

Corn Bread

SEE 'CATHY BARBER' AT RIGHT

- 1 1/2 cups cornmeal*
- 1/2 cup flour*
- 2 teaspoons baking powder*
- 3/4 teaspoon salt*
- 1 tablespoon sugar (optional)*
- 1/4 cup plus 1 tablespoon shortening (divided use)*
- 1 egg*
- 1 cup milk*

Preheat oven to 450 F with your favorite 10-inch oven-proof skillet inside.

Combine all the dry ingredients, and add the 1/4 cup shortening. Hand blend until thoroughly mixed and crumbly.

Mix the egg and milk together first, then add to the dry ingredients.

When the oven is preheated, remove the skillet and add the remaining tablespoon shortening, swirling to cover bottom and sides. Once the shortening melts, add the batter. Bake for 35 to 40 minutes, until lightly browned and corn bread springs back when you touch it. Makes 4 to 6 servings.

Per serving: Cal 297 (41% fat) Fat 14 g (4 g sat) Fiber 3 g
Chol 41 mg Sodium 399 mg Carbs 37 g Calcium 56 mg

Source: "Matt Makes a Run for the Border"