

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



**Skillet Cornbread
Makes about 12 servings**

Ingredients:

1 cup whole wheat flour
¾ cup corn meal
2 tablespoons sugar
2 teaspoons baking powder
½ teaspoon salt
1 cup skim milk
3 tablespoons canola oil
1 egg, beaten

Directions:

Heat 1 teaspoon of oil in a cast iron skillet, or heavy bottom saute pan, over medium-high heat. Add scoops of cornbread batter, about three tablespoons each, to skillet. Heat 2-3 minutes, until golden brown on the bottom. Then flip over and brown the other side. Makes about 9 servings.