CORNBREAD STICKS

Recipe By: Shirley Scrafford

Yield: 14 sticks or 12 muffins

Ingredients

1 cup cornmeal 1 cup flour
1/4 cup sugar 4 teaspoons baking powder
1/2 teaspoon salt 1 cup milk
1 egg 1/4 cup Surinry rice bran oil
1 cup corn -- optional

Preheat oven and corn stick pans* to 425 degrees F.

In large bowl, combine cornmeal, flour, sugar, baking powder, and salt.

Add milk, egg, and oil. Beat until fairly smooth, about 1 minute. Stir in corn if using.

Take out hot corn stick pans from the oven and brush with additional oil, or spray with nonstick spray. Pour in batter.

Bake 15 minutes or until toothpick comes out clean.

* For corn muffins, use greased or paper lined muffin tins (no preheating of the pan required) and cook 15 - 18 minutes or until toothpick comes out clean.

Per Serving - 167 Calories; 6g Fat (32.4% calories from fat); 4g Protein; 25g Carbohydrate; 2g Dietary Fiber; 20mg Cholesterol; 270mg Sodium.

Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 Fat; 1/2 Other Carbohydrates.

Serving Ideas:
- Add 1/2 cup shredded sharp cheddar cheese and/or 1 jalapeno (seeded and minced).
- Add 1/4 cup minced green onion.
- Add 1/4 cup roasted red peppers.
- Grill corn before adding for a smoky flavor.
- Bacon with sautéed onion.