

# PERFECT CORN BREAD

Easy, quick, healthful, delicious and inexpensive—an unbeatable combination!

The amounts have been renamed to minimize the utensils needed to be washed.

For example,  $\frac{1}{3} = \frac{1}{4} + \frac{1}{3} \cdot \frac{1}{4}$ ; put in a quarter-cup, and then eyeball one-third of a quarter-cup!

## UTENSILS REQUIRED:

1 large bowl  
1 knife (for leveling)  
1 fork  
1 large metal strainer  
1 cup dry measure  
1/4 cup dry measure measure  
1 teaspoon measure

## INGREDIENTS:

1-1/4 cups flour (fluff flour with knife, dip, and level)  
1/4 cup sugar  
3/4 tsp. salt ( $\frac{3}{4} = \frac{3}{4}(1)$ ): eyeball it!)  
3 tsp. baking powder  
3/4 cup yellow cornmeal ( $\frac{3}{4} = \frac{1}{4} + \frac{1}{4} + \frac{1}{4}$ )  
2 eggs  
1 cup milk  
1/3 cup vegetable oil ( $\frac{1}{3} = \frac{1}{4} + \frac{1}{3} \cdot \frac{1}{4}$ )

Preheat oven to 425°F.

Spray bottom and sides of a 9" × 9" × 2" pan with vegetable cooking spray (e.g., PAM).

Put flour, sugar, salt and baking powder in metal strainer (over bowl); push ingredients through with the teaspoon measure.

Stir in the cornmeal.

Add eggs, milk and oil. Stir with fork until just smooth.

Pour into already-greased pan. Use teaspoon to scrape bowl.

Bake for 15–20 minutes. Remove from oven. Turn off oven.

Enjoy!