



Elliott Evans Nutrition, LLC
Prevent and Protect
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BUTTERMILK CORNBREAD
SOUTHERN LIVING – OCTOBER 2011
Makes 8 servings

- 1 ¼ cup all-purpose flour
- 1 cup plus 3 Tablespoons plain white cornmeal
- ¼ cup sugar
- 1 Tablespoon baking powder
- 1 teaspoon salt
- ¼ cup butter, melted
- 2 large eggs
- 1 cup buttermilk

- Preheat oven to 400 degrees. Lightly grease an 8-inch cast-iron skillet, and heat in oven 5 minutes.
- Meanwhile, whisk together first 5 ingredients in a bowl; whisk in melted butter. Add eggs and buttermilk, whisking until smooth.
- Pour batter into hot skillet. Bake at 400 for 30 – 33 minutes or until golden brown.