



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

CORNBREAD CRUMBLES

Southern Living - November 2011

Makes enough for 1 Cornbread Dressing Recipe

- Preheat oven to 425 degrees. Stir together 3 cups self-rising white cornmeal mix, 1 cup all-purpose flour, and 2 tablespoons of sugar in a large bowl; whisk in 3 cups of buttermilk, 3 large eggs, lightly beaten; and ½ cup of melted butter.
- Bake 30 minutes or until golden brown. Remove from oven, invert onto a wire rack, and cool completely (about 30 minutes).
- Crumble cornbread after cooling. Set aside for use in Cornbread Dressing recipe.