

# Bodacious Corn Bread

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## **Yield: 1 loaf**

*1 cup canola or safflower oil  
1 pint sour cream (or one  
stick of melted butter)  
2 jumbo eggs (or 4 large)  
2 cups self-rising corn meal  
2 1/2 cups (No. 2 can)  
creamed corn*

Preheat the oven to 400 degrees.

In a bowl, blend the oil with the corn meal and sour cream. (If using butter, add milk to make one pint, then blend with the corn meal before adding oil.)

Add the eggs and creamed corn and mix well to an even consistency.

Pour into a 9x13-inch pan. (Teflon coated pans should first be lightly dusted with flour; others require greasing and dusting.)

Bake for 45 minutes or until the crust becomes a golden brown.

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Per Serving (excluding unknown items): 230 Calories; 1g Fat (4.5% calories from fat); 6g Protein; 58g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 912mg Sodium. Exchanges: 4 Grain(Starch).