

Mexican Corn Bread

Trilby Wiedman

Silverdale Chamber Of Commerce Favorite Recipes - 1991

*1/2 cup flour
1 1/2 cups yellow corn meal
1 tablespoon baking powder
1 teaspoon salt
1 cup milk
1 can creamed corn
1 cup sharp cheese, grated
1 cup chopped green chilies
1/4 cup oil
2 eggs
1/2 cup sour cream*

Preheat the oven to 350 degrees.

In a bowl, combine the flour, corn meal, baking powder and salt.

Add the milk, creamed corn, cheese, chilies, oil, eggs and sour cream.

Pour the mixture into a 9x13-inch pan.

Bake for up to one hour or until a toothpick inserted in the center comes out clean.

Per Serving (excluding unknown items): 1353 Calories; 98g Fat (63.9% calories from fat); 33g Protein; 91g Carbohydrate; 3g Dietary Fiber; 508mg Cholesterol; 4281mg Sodium. Exchanges: 4 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Non-Fat Milk; 18 Fat; 0 Other Carbohydrates.