

South Arkansas Cornbread

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Servings: 8

*2 eggs, beaten
2 cups buttermilk
1 teaspoon baking soda
2 cups cornmeal
1 teaspoon salt*

Preheat the oven to 450 degrees.

In a bowl, beat the eggs, buttermilk and baking soda. Add the cornmeal and salt. Beat well.

Pour the batter into a greased 9x9-inch pan dusted with cornmeal.

Bake for 20 to 25 minutes.

Serve with butter and applesauce.

(This is a coarse bread, not sweet and crumbly like most cornbreads.)

Per Serving (excluding unknown items): 170 Calories; 2g Fat (12.7% calories from fat); 7g Protein; 30g Carbohydrate; 3g Dietary Fiber; 55mg Cholesterol; 507mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 0 Fat.