

Corny Coating Mix

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

*1 cup flour
1 cup cornmeal
1/2 cup dry milk
1/2 teaspoon poultry
seasoning
2 teaspoons sugar
1 teaspoon salt (optional)
1/8 teaspoon paprika
dash pepper*

In a bowl, combine all of the ingredients. Mix well.

Store in a covered jar until ready for use.

Per Serving (excluding unknown items): 1312 Calories; 21g Fat (14.3% calories from fat); 42g Protein; 236g Carbohydrate; 14g Dietary Fiber; 62mg Cholesterol; 245mg Sodium. Exchanges: 13 Grain(Starch); 0 Lean Meat; 2 Non-Fat Milk; 3 1/2 Fat; 1/2 Other Carbohydrates.