



February 26- Corn Toasties

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/corn-toasties>

Recipe

Ingredients:

- 2 cups cornmeal
- 1 cup sifted all-purpose flour
- 2 Tablespoons sugar
- 1 ½ Tablespoon baking powder
- ¼ teaspoon baking soda
- ¾ cup buttermilk
- ¼ cup egg mix
- 2 Tablespoons vegetable oil

Directions:

1. In a large bowl, combine cornmeal, flour, sugar, baking powder, salt, and baking soda.
2. In another bowl, combine buttermilk, egg mix, and vegetable oil. Beat until well blended.
3. Add buttermilk mixture all at once to dry ingredients. Stir until well mixed.
4. Turn mixture onto a lightly floured board and knead only 10 times.
5. Roll out to a thickness of 1/4 inch and cut with a 3/4-inch-round cutter.
6. Cook on a warm ungreased griddle or frying pan for about 10 minutes on each side.

Yields 18 servings

Nutrition Facts	
Serving Size 1 toastie (37.47g)	
Servings Per Container 18	
Amount Per Serving	
Calories 110	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 135mg	6%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	5%
Sugars 5g	
Protein 2g	5%
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet.	