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**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 toastie (37.47g)</td>
<td>110</td>
<td>20</td>
<td>4%</td>
</tr>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td><strong>Sodium</strong></td>
<td><strong>Total Carbohydrate</strong></td>
<td><strong>Cholesterol</strong></td>
</tr>
<tr>
<td></td>
<td>135mg</td>
<td>20g</td>
<td>10mg</td>
</tr>
<tr>
<td><strong>% Daily Value</strong></td>
<td><strong>%</strong></td>
<td><strong>%</strong></td>
<td><strong>%</strong></td>
</tr>
</tbody>
</table>

* Percent Daily Values are based on a 2,000 calorie diet.