

Skillet Corn Bread

Ingredients

3 tablespoons margarine
½ cup chopped onion
1 cup all-purpose flour
1 cup yellow cornmeal
3 tablespoons sugar
2 ½ teaspoons sugar
2 ½ teaspoons baking powder
1 teaspoon rubbed sage
½ teaspoon salt
1 cup skim milk
1 large egg, lightly beaten
1 (11 ounce) can no-salt-added whole-kernel corn, drained

Instructions

Preheat oven to 425°. Melt margarine in a 9-inch cast-iron skillet over medium heat. Add onion and sauté for 3 minutes. Combine flour and the next 5 ingredients (flour through salt) in a large bowl. Add milk, egg, and onion, stirring just until moist. Stir in corn. Pour batter into skillet. Bake for 25 minutes or until a wooden pick inserted in center comes out clean.

Nutrition Facts (per serving)

Calories: 180
Fat: 4.6 g
Cholesterol: 23 mg
Sodium: 184 mg

Courtesy of Cooking Light Online and applesforhealth.com