

Mexican-Style Cornbread Squares

Grains/Breads

Grains/Breads

A-10

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
All-purpose flour	8 oz	1 3/4 cups	1 lb	3 1/2 cups	<p>1. Blend flour, cornmeal or corn grits, sugar, baking powder, and salt in mixer for 1 minute on low speed.</p> <p>2. Mix eggs, milk, oil, cheese (optional), and chili peppers (optional). Add to dry ingredients and blend for 30 seconds on low speed. Beat on medium speed only until dry ingredients are moistened, 2 to 3 minutes, scraping down sides of bowl. DO NOT OVERMIX. Batter will be lumpy.</p> <p>3. For 25 servings, pour 2 lb 7 oz (1 qt 1 cup) batter into a lightly oiled quarter-sheet pan (9" x 13" x 1"). For 50 servings, pour 4 lb 14 oz (2 qt 2 cups) batter into a lightly oiled half-sheet pan (18" x 13" x 1").</p> <p>4. To Bake: Conventional Oven: 400 degrees F, 30 to 35 minutes Convection Oven: 350 degrees F, 20 to 25 minutes Bake until lightly browned.</p> <p>5. For 25 servings, cut quarter-sheet pan 5 x 5 (25 pieces per pan). For 50 servings, cut half-sheet pan 5 x 10 (50 pieces per pan).</p>
Cornmeal OR	8 oz	1 1/2 cups	1 lb	3 cups	
Corn grits	8 oz	1 1/4 cups 2 Tbsp	1 lb	2 3/4 cups	
Sugar		1/4 cup 2 Tbsp	5 1/4 oz	3/4 cup	
Baking powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Salt		5/8 tsp		1 1/4 tsp	
Fresh large eggs OR		2 each		3 each	
Frozen whole eggs, thawed	4 oz	1/2 cup	8 oz	1 cup	
Lowfat milk or reconstituted instant nonfat dry milk		1 3/4 cup 2 Tbsp		3 3/4 cups	
Vegetable oil		1/4 cup		1/2 cup	
Cheddar cheese, shredded (optional)	6 oz	1 3/4 cups	12 oz	3 1/2 cups	
Green chili peppers, chopped (optional)		1/4 cup	4 oz	1/2 cup	

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SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 1 slice of bread	25 Servings: 1 quarter-sheet pan	25 Servings:
	50 Servings: 1 half-sheet pan	50 Servings:

Nutrients Per Serving			
Calories	108	Saturated Fat	.5 g
Protein	3 g	Cholesterol	13 mg
Carbohydrate	18 g	Vitamin A	8 RE/37 IU
Total Fat	2.8 g	Vitamin C	0 mg
		Iron	.9 mg
		Calcium	60 mg
		Sodium	134 mg
		Dietary Fiber	1 g