

Mexican-Style Cornbread Squares

Grains/Breads

Grains/Breads

A-10

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cups	1. Combine flour, cornmeal or corn grits, sugar, baking powder, and salt in a mixing bowl. Mix for 1 minute on low speed.
Cornmeal OR Enriched corn grits	8 oz	1 ½ cups OR 1 ¼ cups 2 Tbsp	1 lb OR 1 lb	3 cups OR 2 ¾ cups	
Sugar	2 ⅔ oz	¼ cup 2 Tbsp	5 ¼ oz	¾ cup	2. In a separate bowl, mix eggs, milk, oil, cheese, and chili peppers. Add to dry ingredients and blend for 30 seconds on low speed. Beat for 1 minute on medium speed.
Baking powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Salt		⅝ tsp		1 ¼ tsp	
Frozen whole eggs, thawed OR Fresh large eggs	4 oz	½ cup OR 3 each	8 oz	1 cup OR 5 each	
Lowfat 1% milk OR Instant nonfat dry milk, reconstituted		1 ¾ cups 2 Tbsp OR 1 ¾ cups 2 Tbsp		3 ¾ cups OR 3 ¾ cups	
Vegetable oil		¼ cup		½ cup	
Reduced fat Cheddar cheese, shredded	6 oz	1 ¾ cups	12 oz	3 ½ cups	3. Scrape down sides of bowl. Beat for 1-2 minutes on medium speed. DO NOT OVERMIX. Batter will be lumpy.
Green chili peppers, chopped	2 oz	¼ cup	4 oz	½ cup	
					4. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour 3 lb 1 oz (1 qt 3 ¼ cups) batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					5. Bake until lightly browned: Conventional oven: 400° F for 30-35 minutes Convection oven: 350° F for 20-25 minutes
					6. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.

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SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 1 slice of bread.	25 Servings: 3 lb 1 oz (batter)	25 Servings: 1 quart 3 ¼ cups (batter) 1 pan
	50 Servings: 6 lb 2 oz (batter)	50 Servings: 3 quarts 2 ½ cups (batter) 2 pans

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Nutrients Per Serving					
Calories	131	Saturated Fat	1.40 g	Iron	0.96 mg
Protein	4.73 g	Cholesterol	24 mg	Calcium	132 mg
Carbohydrate	18.28 g	Vitamin A	138 IU	Sodium	211 mg
Total Fat	4.40 g	Vitamin C	1.0 mg	Dietary Fiber	1.0 g