

Simple Buttermilk Cornbread from *Urban Sacred Garden*



Cornbread is a staple in the South. And a recipe made with Buttermilk is even better. Cornbread is a quick and easy dish to make, and is a great accompaniment to almost any meal. Cornbread is at its best if you have a properly seasoned cast iron skillet, muffin pan or corn stick pan. Lodge Cast Iron is a classic brand of great quality, and is easy to find at almost any kitchen supply store. Lodge was founded in 1896 and is the oldest family-owned cookware foundry in America.

INGREDIENTS

- 1 3/4 cups Self-Rising Corn Meal Mix (I suggest Weisenberger or Bob's Red Mill)*
- 3 tbsp Sugar
- 1 egg, beaten
- 1 1/2 cups Low Fat Buttermilk
- 1/4 cup plain nonfat Greek Yogurt (optional but adds an extra kick and moisture)

*If you can't find a self-rising mix, add Baking Powder and Baking Soda to Corn Meal as directed on the package.

DIRECTIONS

1. Preheat oven to 400 degrees. Thoroughly butter a baking pan or muffin pan, or prepare a cast iron skillet with hot oil and butter.
2. In a large bowl mix Corn Meal and Sugar. Add beaten egg. Add Buttermilk and Yogurt. Mix until moist throughout.
3. Pour mix evenly in prepared pan, or scoop into muffin pan to make each inset 3/4 full.
4. Bake until cornbread is golden, about 18 minutes, or until a toothpick comes out of the center clean.
5. Serve warm with salted butter. Enjoy!