USDA Foods

Cornmeal, Blue, Whole Grain
MyPlate Food Group: Grain

Product Description

- Blue cornmeal is made from whole grain blue corn. It can be used in place of yellow cornmeal for a colorful twist on cornbread, homemade blue corn tortilla chips, pancakes and other recipes that call for cornmeal.

Storage

- After opening whole grain cornmeal, it should be stored in airtight containers or bags.
- All flour and cornmeal can be frozen for longer storage, up to 6 months.

Uses and Tips

- Use blue cornmeal in any cornmeal recipe.
- Cornmeal may be used to make a variety of baked goods such as muffins, breads, or rolls.
- Cornmeal may be cooked with water or low-fat milk and eaten warm as a side dish or breakfast item.

Nutrition Information

- The total protein content of blue corn is about 30 percent higher than the total protein content of white and yellow corn
- 1/8 cup of cornmeal of counts as 1 ounce in the MyPlate.gov Grains Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces grains.
- At least half of all grains eaten should be whole grains. Blue cornmeal is a whole grain.

Resources

- www.nutrition.gov
- www.foodsafety.gov
- www.fns.usda.gov/fdpir/fdpir-sharing-gallery

Nutrition Facts

Serving size: ¼ cup (32g) blue cornmeal

Amount Per Serving	
Calories 130	Calories from Fat 15

	-% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 3g	**12%**
Sugars 0g	
Protein 3g	

Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	4%

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

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

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Blue Cornmeal Bread

Makes about 12 servings

Ingredients
1 cup blue cornmeal
1 cup all-purpose flour
5 teaspoons baking powder
1/4 cup of white sugar
Pinch of salt
2 eggs (beaten)
1 cup milk
½ cup butter

Directions

1. Preheat oven to 350 degrees Fahrenheit
2. Grease a 9 x 9 inch baking dish.
3. Mix cornmeal, flour, baking powder, sugar and salt in a bowl.
4. Sift 3 times and stir in the eggs and milk into the cornmeal mixture.
5. Place the butter in the prepared baking dish and melt in the pre-heating oven.
6. Mix hot, melted butter into the cornmeal mixture. Transfer cornmeal mixture to the prepared baking dish.
7. Bake on center rack of the preheated oven for 30-35 minutes or until edges of the cornmeal pull away from the sides of the dish or until toothpick inserted into the center comes out clean.
8. Let cool for 10 minutes and enjoy.

Recipe adapted from First Nations, Cooking Healthier with FDPIR Foods Cookbook

Blue Cornmeal Pancakes

Makes about 4 servings

Ingredients
3/4 cup blue cornmeal
3/4 cup all-purpose flour
1 tablespoon sugar
2 teaspoons baking powder
1 teaspoon salt
1 egg, beaten
2 tablespoons unsalted butter (if using salted butter, do not add salt)
1/2 cup milk
1 cup water (boiling)

Directions

1. In a medium bowl, mix together the blue cornmeal, sugar, and salt. Stir in the boiling water until all of the ingredients are wet.   Cover and let stand for a few minutes.
2. In a measuring cup, combine the milk, egg and melted butter. Stir the milk mixture into the cornmeal mixture.
3. Combine the flour and baking powder. Stir into the cornmeal mixture until just mixed. If the batter is stiff, add a little more milk until the batter flows off of the spoon thickly, but smoothly.
4. Heat a large cast iron skillet over medium heat, and grease it with a dab of oil or butter. Use about 2 tablespoons of batter for each pancake. When the entire surfaces of the pancakes are covered with bubbles, flip them over and cook until golden. Serve immediately with maple syrup or fruit preserves.

Recipe adapted from Bob's Red Mill

These recipes, presented to you by USDA, have not been tested or standardized.