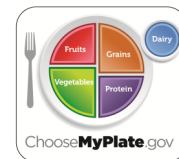


## Cornmeal, Yellow, Enriched

MyPlate Food Group: **Grain**



### Product Description

- Cornmeal is ground from yellow corn. Cornmeal is enriched with B vitamins (thiamin, niacin, riboflavin, and folic acid), iron, and may also have added calcium and vitamin D.

### Storage

- Store unopened packages of cornmeal in a cool, clean, dry place.
- After opening, keep package tightly closed.
- Cornmeal may be stored in the refrigerator in an air tight container not made from metal.

### Uses and Tips

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

### Nutrition Information

- ¼ cup of cornmeal counts as 1 ounce in the MyPlate.gov Grains Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.

### Resources

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.foodsafety.gov](http://www.foodsafety.gov)

## Nutrition Facts

Serving size: ¼ cup (39g) yellow, enriched, cornmeal

Amount Per Serving			
<b>Calories</b>	145	Calories from Fat	10
<b>-% Daily Value*</b>			
<b>Total Fat</b>	1g		<b>1%</b>
Saturated Fat	0g		<b>0%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	0mg		<b>0%</b>
<b>Total Carbohydrate</b>	31g		<b>10%</b>
Dietary Fiber	1.5g		<b>6%</b>
Sugars	1g		
<b>Protein</b>	3g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	10%

\*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.

# USDA Foods

## Chicken Fiesta Taco Bake

**Makes about 8 servings**

### Ingredients

- Nonstick cooking spray
- 1 cup canned chicken, drained
- 2 cups fresh corn kernels (or frozen corn, thawed)
- 2 teaspoons chili powder
- ½ teaspoon black pepper
- ⅔ cup water
- 1 cup American cheese, cut into pieces
- ¾ cup cornmeal
- ¼ cup flour
- 2 tablespoons sugar
- 2 teaspoons baking powder
- 1 cup evaporated milk
- 1 egg

### Directions

1. Preheat oven to 400 degrees F.
2. In a medium-size skillet coated with nonstick cooking spray, combine the chicken or beef, corn, chili powder, black pepper, and water. Cook 5 minutes or until browned.
3. Spoon meat mixture into a 9x13-inch baking dish. Sprinkle with cheese.
4. In a large bowl, combine cornmeal, flour, sugar, and baking powder.
5. Stir in milk and egg, mixing until combined.
6. Spread cornmeal mixture over cheese and meat.
7. Bake for 20 minutes or until browned.

### Tip

You may use canned beef or pork instead of chicken.

*Recipe adapted from Commodity Supplemental Food Program Cookbook, <http://www.ncsfpa.org/nutrition/>*

## Corn Bread

**Makes about 12 servings**

### Ingredients

- Nonstick cooking spray
- 1 ¼ cups flour
- 1 cup cornmeal
- ⅓ cup sugar
- 3 teaspoons baking powder
- ¼ teaspoon salt
- 1 egg
- ¼ cup vegetable oil
- 1 cup low-fat milk
- 1 can (about 15 ounces) low-sodium corn, drained

### Directions

1. Preheat oven to 400 degrees F. Coat a 9x9-inch baking dish with nonstick cooking spray.
2. In a large bowl, combine flour, cornmeal, sugar, baking powder, salt, egg, vegetable oil, milk, and corn and mix well. Pour into baking dish.
3. Bake 20 to 25 minutes or until top is browned and a toothpick or fork inserted into the center of the pan comes out clean.

*Recipe adapted from Food.com*