



CORNMEAL, DEGERMED, ENRICHED

Date: October 2012 Code: 100471

PRODUCT DESCRIPTION

- Cornmeal is made from cleaned yellow or white shelled corn. Degermed cornmeal has most of the bran and germ removed during milling.
- Cornmeal has added thiamin, niacin, riboflavin, folic acid, and iron, and may also have added calcium and vitamin D.

PACK/YIELD

- Cornmeal is packed in a 5-pound package, which is about 15 cups of dry cornmeal.

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.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

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

- $\frac{1}{4}$ 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.
- $\frac{1}{4}$ cup of cornmeal provides 10% of the daily recommended amount of iron.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size: $\frac{1}{4}$ cup (39g) enriched, degermed, cornmeal

Amount Per Serving

Calories	150	Calories from Fat	5
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% Daily Value*

Total Fat 0.5g			1%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 0mg			0%
Total Carbohydrate 32g			10%
Dietary Fiber 2g			6%
Sugars 1g			
Protein 3g			
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	10%

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

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.

Nutritional Information for 1 serving (about 1 cup) of Chicken Fiesta Taco Bake

Calories	270	Cholesterol	65 mg	Sugar	5 g	Vitamin C	5 mg
Calories from Fat	90	Sodium	400 mg	Protein	14 g	Calcium	250 mg
Total Fat	10 g	Total Carbohydrate	31 g	Vitamin A	96 RAE	Iron	2 mg
Saturated Fat	5 g	Dietary Fiber	2 g				

Recipe adapted from Commodity Supplemental Food Program Cookbook

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.

Nutritional Information for 1 serving (about 3-inch square) of Corn Bread

Calories	190	Cholesterol	20 mg	Sugar	7 g	Vitamin C	2 mg
Calories from Fat	50	Sodium	184 mg	Protein	4 g	Calcium	98 mg
Total Fat	5 g	Total Carbohydrate	32 g	Vitamin A	19 RAE	Iron	2 mg
Saturated Fat	0.5 g	Dietary Fiber	1 g				

Recipe adapted from Food.com