

New England Johnny Cake

Makes: 24 servings

Ingredients

- 2 egg (beaten)
- 3/4 cup** sugar
- 2 cups** flour
- 1 cup** yellow cornmeal
- 1 tablespoon** baking powder
- 3/4 teaspoon** salt
- 1/4 cup** vegetable oil
- 1 1/2 cups** skim or reconstituted non-fat dry milk
- vegetable oil (or spray)

Directions

1. Preheat oven to 375 degrees.
2. Mix sugar with beaten eggs in small mixing bowl.
3. In the other bowl, mix flour, cornmeal, baking powder and salt together.
4. Add oil, egg mixture and milk to the flour mixture. Mix. Pour into a lightly oiled baking dish.
5. Bake at 375 degrees for 30 minutes.

Michigan State University Cooperative Extension Service, Eating Right is Basic Nutrition Education Program

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	120	
Total Fat	3 g	5%
Protein	3 g	
Carbohydrates	20 g	7%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	150 mg	6%