

Nutrition Education Activity

The following recipe is a great activity for children at home or in the classroom. They will have fun grinding the corn, measuring and mixing the ingredients.

Corn Bread

Serves: 8

Serving Size: 1 slice

- 3** cobs fresh corn or 1-10oz pkg. frozen corn, thawed
- 1** cup masa harina de maiz
- 1** Tbsp baking powder
- $\frac{1}{2}$ tsp. Salt
- $\frac{1}{4}$ cup sugar
- 1** Tbsp raisins (optional)
- 1** Egg
- 3** Tbsp. butter, melted

1. Heat oven to 350°F. Remove kernels from cob and grind corn kernels using a meat grinder or a food processor. It should form a stiff dough.
2. In a medium bowl, combine corn flour, baking powder, salt, sugar, and raisins, if using. Mix well.
3. In a large bowl, mix corn dough, egg, and butter. Add dry ingredients and stir until all ingredients are moistened. If the dough is too stiff, add 1-2 Tbsp. fat-free milk.
4. Spray a round 8 $\frac{1}{2}$ X 2-inch baking dish with nonstick cooking spray and pour dough into pan. Bake for 30-35 minutes or until a knife inserted in the center comes out clean.

Recipe from: *Cocinando para Latinos con Diabetes* by Olga V. Fusté