

# Mexican-Style Cornbread Squares

Grains/Breads

Grains/Breads

A-10

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	8 oz	1 $\frac{3}{4}$ cups 2 Tbsp	1 lb	3 $\frac{3}{4}$ cups	<ol style="list-style-type: none"> <li>Combine flour, cornmeal or corn grits, sugar, baking powder, and salt in a mixing bowl. Mix for 1 minute on low speed.</li> <li>In a separate bowl, mix eggs, milk, oil, cheese, and chili peppers. Add to dry ingredients and blend for 30 seconds on low speed. Beat for 1 minute on medium speed.</li> <li>Scrape down sides of bowl. Beat for 1-2 minutes on medium speed. DO NOT OVERMIX. Batter will be lumpy.</li> <li>Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour 3 lb 1 oz (1 qt 3 <math>\frac{1}{4}</math> cups) batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans.</li> <li>Bake until lightly browned: Conventional oven: 400° F for 30-35 minutes Convection oven: 350° F for 20-25 minutes</li> <li>Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.</li> </ol>
Cornmeal	8 oz	1 $\frac{1}{2}$ cups	1 lb	3 cups	
OR	OR	OR	OR	OR	
Enriched corn grits	8 oz	1 $\frac{1}{4}$ cups 2 Tbsp	1 lb	2 $\frac{3}{4}$ cups	
Sugar	2 $\frac{2}{3}$ oz	$\frac{1}{4}$ cup 2 Tbsp	5 $\frac{1}{4}$ oz	$\frac{3}{4}$ cup	
Baking powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Salt		$\frac{5}{8}$ tsp		1 $\frac{1}{4}$ tsp	
Frozen whole eggs, thawed	4 oz	$\frac{1}{2}$ cup	8 oz	1 cup	
OR		OR		OR	
Fresh large eggs		3 each		5 each	
Lowfat 1% milk		1 $\frac{3}{4}$ cups 2 Tbsp		3 $\frac{3}{4}$ cups	
OR		OR		OR	
Instant nonfat dry milk, reconstituted		1 $\frac{3}{4}$ cups 2 Tbsp		3 $\frac{3}{4}$ cups	
Vegetable oil		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup	
Reduced fat Cheddar cheese, shredded	6 oz	1 $\frac{3}{4}$ cups	12 oz	3 $\frac{1}{2}$ cups	
Green chili peppers, chopped	2 oz	$\frac{1}{4}$ cup	4 oz	$\frac{1}{2}$ cup	

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7. No CCP necessary.

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 1 slice of bread.	<b>25 Servings:</b> 3 lb 1 oz (batter)	<b>25 Servings:</b> 1 quart 3 ¼ cups (batter) 1 pan
	<b>50 Servings:</b> 6 lb 2 oz (batter)	<b>50 Servings:</b> 3 quarts 2 ½ cups (batter) 2 pans
Edited 2014		

Nutrients Per Serving					
<b>Calories</b>	131	<b>Saturated Fat</b>	1.40 g	<b>Iron</b>	0.96 mg
<b>Protein</b>	4.73 g	<b>Cholesterol</b>	24 mg	<b>Calcium</b>	132 mg
<b>Carbohydrate</b>	18.28 g	<b>Vitamin A</b>	138 IU	<b>Sodium</b>	211 mg
<b>Total Fat</b>	4.40 g	<b>Vitamin C</b>	1.0 mg	<b>Dietary Fiber</b>	1.0 g