



Cornmeal, Blue

MyPlate Food Group: **Grains**



Nutrition Information

- ½ cup of cooked cornmeal counts as 1 ounce of grain in the ChooseMyPlate.gov Grains group. Blue cornmeal is a whole grain.
- Grains are divided into 2 subgroups: Whole Grains and Refined Grains.
- Refined grains have been milled, a process that removes the bran and germ. This process also removes dietary fiber, iron, and many B vitamins. Examples of refined grain products are white flour, white bread, and white rice.
- Most refined grains are enriched. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to enriched grains.
- Whole grains contain the entire grain kernel — the bran, germ, and endosperm. Examples of whole grains include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice.
- For specific information about blue cornmeal, please refer to the product’s Nutrition Facts Panel or ingredient list.

Uses and Tips

- Blue cornmeal is blue corn that has been dried and finely ground.
- Like yellow cornmeal, blue cornmeal can be used in many baked goods such as muffins, breads, and rolls.
- Blue cornmeal can also be used as a breading for baked fish, chicken, pork, and other foods.

Storing Foods at Home

- Store blue cornmeal in a cool, clean, dry place.
- After opening, keep package tightly closed.
- To keep it fresh longer, cornmeal may be stored in the refrigerator in an air tight container not made from metal.

MyPlate Facts

- Try to make at least ½ of the grains you eat each day whole grains.
- Grains are important sources of many nutrients, including dietary fiber, B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium).
- Dietary fiber from whole grains or other foods, may help reduce blood cholesterol levels and may lower risk of heart disease, obesity, and type 2 diabetes.
- Fiber is important for proper bowel function. It helps reduce constipation and promotes regularity. Fiber-containing foods such as whole grains help provide a feeling of fullness with fewer calories.

USDA Foods

Blue Cornmeal Bread

Makes 12 servings

Ingredients:

1 cup blue cornmeal
 1 cup all-purpose flour
 5 teaspoons baking powder
 ¼ cup of white sugar
 dash of salt (about ⅛ teaspoon)
 2 eggs, beaten
 1 cup milk
 ½ cup butter

Directions: Wash hands with soap and water.

1. Preheat oven to 350 degrees F.
2. Grease a 9x9 inch baking dish.
3. Mix cornmeal, flour, baking powder, sugar, and salt in a bowl.
4. Stir eggs and milk into the cornmeal mixture.
5. Place the butter in the prepared baking dish and melt in the pre-heating oven.
6. Mix hot, melted butter into the cornmeal mixture. Transfer cornmeal mixture to the prepared baking dish.
7. Bake for 30-35 minutes or until toothpick inserted into the center comes out clean.
8. Let cool for 10 minutes and enjoy.

Recipe adapted from First Nations Development Institute

Stovetop Tamale Pie

Makes 4 servings

Ingredients:

½ pound ground beef, lean
 1 can (15 ounces) kidney beans, undrained
 1 cup canned tomato puree
 1 tablespoon dried minced onion
 1½ tablespoons chili powder
 1 can (8 ounces) whole kernel corn, undrained
 ½ cup blue cornmeal
 salt, to taste
 1¼ cup cold water
 ⅛ teaspoon chili powder

Directions: Wash hands with soap and water.

1. Cook ground beef in a pan over medium heat until no longer pink. Drain off excess fat.
2. Stir in undrained kidney beans, tomato puree, onion, and chili powder.
3. Bring to a boil and then reduce heat. Add corn, cover and simmer for 10 minutes.
4. In a separate pan, mix cornmeal, salt, and water.
5. Cook and stir cornmeal mixture over medium heat, stirring until thickened, about 2 minutes.
6. Spread cornmeal mixture over hot chili to form a crust. Sprinkle with chili powder.
7. Cover and cook on low until topping is set, about 10 minutes.

Recipe adapted from Illinois Extension