

Blue Cornmeal



Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Blue cornmeal is a whole grain made from blue corn that has been dried and finely ground.

How To Use It

Blue cornmeal can be baked into muffins, breads, and rolls or used as a breading for baked fish, chicken, or pork.

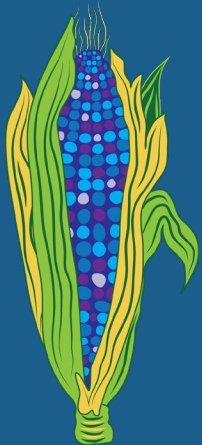
How To Store It

Keep package tightly closed in a cool, clean, dry place.

Why Eat It? Whole grains are an important source of fiber and as part of a healthy diet, may help reduce cholesterol levels, support a healthy weight, and lower risk of heart disease and type 2 diabetes.

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Blue Cornmeal Pancakes *Makes 12 servings*



Ingredients

- $\frac{3}{4}$ cup blue cornmeal
- $\frac{1}{4}$ teaspoon salt
- 1 cup water, boiling
- $\frac{1}{2}$ cup milk
- 2 tablespoons margarine, melted
- 2 tablespoons egg mix + $\frac{1}{4}$ cup water or 1 egg
- $\frac{3}{4}$ cup flour
- 2 teaspoons baking powder
- Cooking spray
- Light syrup or honey (optional)

*Recipe adapted from
Chickasaw Nation Nutrition Services, Get Fresh Initiative.*

Directions

Wash hands with soap and water.

- 1.** In a large bowl, mix the cornmeal and salt. Stir in the boiling water until the ingredients are wet. Cover and let stand for 3 minutes.
- 2.** In a separate bowl, mix the milk, melted margarine, and egg or egg mix and water mixture. Add to the cornmeal mixture.
- 3.** Add flour and baking powder to the bowl and mix until combined.
- 4.** Heat a large skillet over medium heat and spray with cooking spray.
- 5.** Spoon $\frac{1}{4}$ cup of the batter on the skillet. When bubbles appear, flip, and cook the other side until golden brown. Serve with syrup, honey, yogurt, or fresh fruit if desired.

