



Cornmeal, Yellow

MyPlate Food Group: **Grains**



Nutrition Information

- ½ cup of cooked yellow cornmeal counts as 1 ounce of grain in the ChooseMyPlate.gov Grains group. Yellow cornmeal is a refined 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 (thiamine, 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 cornmeal, please refer to the product’s Nutrition Facts Panel or ingredient list.

Uses and Tips

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

Storing Foods at Home

- Store yellow 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.

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 (thiamine, 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

Garden Veggie Corn Bread

Makes 9 servings

Ingredients:

non-stick cooking spray
 1 cup yellow cornmeal
 ¾ cup whole wheat flour
 2½ teaspoons baking powder
 ¾ teaspoon salt
 2 eggs
 1 cup milk
 2 tablespoons honey (or sweetener)
 ¾ cup carrot, grated
 ½ cup corn (fresh, canned, or frozen)
 ½ cup red pepper, chopped (optional)
 ¼ cup green onion, chopped (optional)

Directions: Wash hands with soap and water.

1. Preheat oven to 400 degrees F.
2. Lightly coat a 8x8 inch baking dish with non-stick cooking spray.
3. In a large bowl, stir cornmeal, flour, baking powder and salt.
4. In medium bowl, whisk together eggs, milk, and honey. Add egg mix to flour mixture and stir until moistened.
5. Gently mix in carrots, corn, red pepper, and green onion (if using) and pour into baking dish.
6. Bake 25-30 minutes or until toothpick inserted at center comes out clean.
7. Cool in pan on a wire rack for 20 minutes before serving.

Recipe adapted from First Nations Development Institute

Creamy Polenta

Makes 4 servings

Ingredients:

3 ½ cups water
 Salt, to taste
 1 cup cornmeal
 non-stick cooking spray

Directions: Wash hands with soap and water.

1. In a medium sized pot, bring water and salt to a boil over high heat.
2. Slowly stir in cornmeal and reduce heat. Simmer, stirring frequently, 20–30 minutes or until mixture is tender and pulls away from the sides of the pan when stirred.
3. Pour hot polenta into bowl sprayed with cooking spray. Let sit 10 minutes.
4. Turn bowl upside down onto plate to release polenta. Slice and serve hot with your favorite sauce and/or grated Parmesan cheese or chill for later use.

Tip: Try adding onions, jalapenos, peppers, squash or other vegetables to add more flavor!

Recipe adapted from Food Sense Utah State University