

Whole Grain Cornbread

(Serves 20-30)

This fast recipe can be served with soups, stews, and chili. Also, it is a great breakfast dish, and it freezes well.

- **Vegetable oil spray**
- **1 ½ cups whole wheat pastry flour**
- **1 cup white pastry flour**
- **4 cups cornmeal**
- **2 Tablespoons baking powder**
- **2 teaspoons baking soda**
- **1 teaspoon salt**
- **1 ½ cups soft silken tofu**
- **1 cup sugar**
- **3 ½ cups soymilk mixed with 2 Tablespoons lemon juice**
- **½ cup melted nonhydrogenated non-dairy margarine**

Preheat oven to 400 degrees.

Spray three full hotel pans (used on steam tables) with vegetable oil. In a large mixing bowl (large enough to hold the dry and liquid ingredients), whisk together the pastry flours, cornmeal, baking powder, baking soda, and salt.

In a separate bowl, whisk together the tofu, sugar, and soy-milk. Pour the liquid ingredients into the dry ingredients and mix together just to moisten. Add the melted margarine; stir until just combined.

Pour the mixture into the oiled pans. Bake for 20-25 minutes, until the tops are golden brown and firm to the touch and a toothpick inserted into the center comes out clean. Cool for at least 20 minutes before cutting.

Total calories per serving: 262

Fat: 6 grams

Carbohydrates: 45 grams

Protein: 7 grams

Sodium: 425 milligrams

Fiber: 3 grams

http://www.vrg.org/journal/vj2012issue2/2012_issue2_food_day.php