

Corn Muffin Squares

Meal Components: Grains

Breads, A-02A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole wheat/enriched blend flour	8 oz	1 $\frac{3}{4}$ cups 2 Tbsp	1 lb	3 $\frac{3}{4}$ cups	<ol style="list-style-type: none"> Combine flour, cornmeal, powdered sugar, baking powder, and salt in a mixing bowl. Mix with paddle attachment for 3 minutes on low speed.
Yellow Cornmeal	3 oz	$\frac{1}{2}$ cup	6 oz	1 cup	
Powdered sugar	5 oz	1 cup	10 oz	2 cups	
baking powder		1 Tbsp		2 Tbsp	
Salt		1 $\frac{1}{2}$ tsp		1 Tbsp	<ol style="list-style-type: none"> Slowly add eggs and mix for 30 seconds on low speed. Scrape down sides of bowl.
Frozen whole eggs, thawed	2 oz	$\frac{1}{4}$ cup	4 oz	$\frac{1}{2}$ cup	
OR		OR		OR	
Fresh large eggs		2 each		3 each	<ol style="list-style-type: none"> Slowly add milk and mix for 30 seconds on medium speed, until smooth.
Low-fat 1% milk		1 cup		2 cups	
Vegetable oil		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup	<ol style="list-style-type: none"> Add oil and mix for 30 seconds, on medium

5. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour approximately 1 lb 12 oz (1 qt 1 cup) batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
6. Bake until golden brown: Conventional oven: 400° F for 12 minutes Convection oven: 375° F for 12 minutes
7. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.
8. No CCP necessary.

Notes

A new nutrient analysis will be coming. Edited July 2014. Restandardization in progress.

The grain ingredient used in this recipe must meet the Food and Nutrition Service whole-grain rich criteria.

Serving	Yield	Volume
1 piece provides the equivalent of $\frac{3}{4}$ slice bread.	25 Servings: 1 lb 12 oz (batter)	25 Servings: 1 quart 1 cup (batter) 1 pan
	50 Servings: 3 lb 8 oz (batter)	50 Servings: 2 quarts 2 cups (batter) 2 pans

Nutrients Per Serving

Calories	94	Saturated Fat		Iron	1 mg
Protein	2 g	Cholesterol	10 mg	Calcium	55 mg
Carbohydrate	16 g	Vitamin A	42 IU	Sodium	192 mg
Total Fat	3 g	Vitamin C		Dietary Fiber	1 g