

PRESIDENT JAMES MONROE

SPOON BREAD

8 SERVINGS

15 MIN
PREP TIME

40 MIN
COOK TIME

INGREDIENTS

- 1 cup cornmeal
- 3 cups whole milk
- 3 tablespoons butter
- 1 teaspoon salt
- 2 teaspoons baking powder
- 2 eggs beaten
- 1 tablespoon sugar (optional)

INSTRUCTIONS

1. Preheat your oven to 375°F.
2. Grease an 8”x8” baking dish or a cast-iron skillet with butter.
3. In a medium saucepan, heat the milk until it is just about to boil.
4. Gradually whisk in the cornmeal and salt, stirring constantly to prevent lumps.
5. Cook over medium heat until the mixture thickens, about 3–5 minutes.
6. Remove the saucepan from heat. Stir in the butter until it is melted and well incorporated. Then, mix in the baking powder.
7. In a separate bowl, beat the eggs.

SPOON BREAD



INSTRUCTIONS (CONTINUED)

8. Slowly add a small amount of the hot cornmeal mixture to the eggs to temper them, then gradually stir the egg mixture back into the cornmeal mixture. Add sugar if using.

9. Pour the mixture into the prepared baking dish or skillet.

10. Bake in the preheated oven for 30-35 minutes, or until the top is golden brown and the spoon bread is set but still slightly jiggly in the center.

11. Allow the Spoon Bread to cool slightly before serving. Spoon it out onto plates and enjoy it warm.

NUTRITION PER SERVING (4 SERVINGS)

Calories 175 • Total Fat 9g • Saturated Fat 5g • Sodium 445mg •
Total Carbohydrates 18g • Dietary Fiber 2g • Added Sugars 0g • Protein 6g

DIETITIAN'S NOTE

Spoon bread is mainly a source of carbohydrate and fat. Lower the saturated fat BY using nonfat or 1% milk. Up your protein and fiber intake by pairing the dish with a meal that includes both lean protein and veggies. This would go perfectly as a side to a turkey chili loaded with beans, tomatoes, bell pepper, and onions.

Adapted from: Eats History