



TRY ALL THREE RECIPES

EASY CORN BREAD

1-1/4 cups all-purpose flour
3/4 cup QUAKER® or PEARL MILLING
COMPANY® Enriched Corn Meal
1/4 cup sugar
2 teaspoons baking powder
1/2 teaspoon salt (optional)
1 cup skim milk
1/4 cup vegetable oil
2 egg whites or 1 egg, beaten
Heat oven to 400°F. Grease 8 or 9-inch
pan. Combine dry ingredients. Stir in
milk, oil and egg, mixing just until dry
ingredients are moistened. Pour
batter into prepared pan. Bake
20 to 25 minutes or until light golden
brown and wooden pick inserted in Amount per serving Calories

Saturated Fat 0g
Trans Fat 0g
Cholesterol 0mg Cholesterol 0mg
Sodium 0mg
Total Carbohydrate 21g
Dietary Fiber 1g
Total Sugars 0g
Includes 0g Added Sugars
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Iron 1.2mg 6% • Thiamin 0.1mg 10%
Riboflavin 0.1mg 6% • Niacin 1mg 6%
Folate 60mcg DFE 15%
(42mcg Folic Acid)
Not a significant source of vitamin D, calcium, and potassium.

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts
About 23 servings per container

Serving size 3 tablespoons (27g)

CRISPY HERBED CHICKEN

1/2 cup QUAKER® or PEARL MILLING
COMPANY® Enriched Corm Meal

1/4 cup all-purpose flour
2 tablespoons grated parmesan
cheese
1-1/2 teaspoons talian seasoning
1/4 teaspoon garlic salt (optional)
1/4 teaspoon pepper
One 2-1/2 to 3-lb. broiler-fryer
chicken, cut up, skinned
1/2 cup skim milk
3 tablespoons
butter, melted

brown and wooden pick inserted in center comes out clean.
Serve warm.
9 SERVINGS