



village health clinic

naturopathic medicine & midwifery care

Corn Bread Gluten-Free, Vegetarian

A wonderful gluten-free dressing starts with a delicious gluten-free cornbread. This version is perfect alongside a steaming bowl of stew or chili. If making stuffing, prepare the cornbread a day ahead, cut into 1-inch cubes and allow to stale overnight.

Serves 6

- . 1 tablespoon butter
- . 1 cup corn meal
- . 1/2 cup soy flour
- . 1/2 cup brown rice flour
- . 1/2 teaspoon salt
- . 2 tablespoons brown sugar
- . 1 teaspoon baking soda
- . 1 egg
- . 1 cup milk (can substitute plain soy or rice milk for a dairy-free version)

Preheat oven to 350°F. Place the butter in a 9x9 square baking pan or in a small cast iron skillet. Put the pan in the preheating oven until butter is melted. Remove from oven and tilt the pan back and forth to coat. Set aside.

Mix corn meal, soy flour, brown rice flour, salt, brown sugar and baking soda together. Add the egg, milk and melted butter. Combine with a few strokes, not overbeating. Pour into prepared pan and bake for 25 to 30 minutes.

Nutrition Info

Per Serving (98g-wt.): 210 calories (40 from fat), 4.5g total fat, 2g saturated fat, 9g protein, 35g total carbohydrate (3g dietary fiber, 5g sugar), 40mg cholesterol, 450mg sodium



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Corn Bread Dairy-Free

This simple corn bread recipe can be used as the basis for any corn bread stuffing recipe.

Serves 6

- . 1 1/2 cups yellow cornmeal
- . 1 1/2 cups flour
- . 6 tablespoons granulated sugar
- . 1 tablespoon baking powder
- . 1/2 teaspoon baking soda
- . 1 teaspoon salt
- . 1 1/2 cups plain soy milk
- . 2 large eggs
- . 1/2 cup corn oil

Ingredient option: substitute rice milk for the soy milk.

Preheat oven to 400 F.

Oil an 8 x 11 x 2-inch baking dish. Set aside. Combine the cornmeal, flour, sugar, baking powder, baking soda and salt in a large bowl. Mix together with a whisk, until blended. Whisk together the soy milk, eggs and oil in a small bowl. Pour the egg mixture into the cornmeal mixture, and stir with a large spoon until just combined. Pour the batter into the prepared baking dish. Bake until the top is golden brown and a toothpick inserted in the center comes out clean, 25 to 30 minutes.

Nutrition Info

Per Serving (168g-wt.): 470 calories (210 from fat), 23g total fat, 3g saturated fat, 10g protein, 61g total carbohydrate (5g dietary fiber, 15g sugar), 125mg cholesterol, 1260mg sodium