

Cornmeal Rolls

Ingredients

3½ cups flour
¼ cup sugar
1½ teaspoons salt
1 package active dry yeast
1 cup 1% milk
¼ cup shortening
1 egg
¾ cup cornmeal
vegetable oil spray

Makes 24 servings

Instructions

1. In a medium bowl mix half the flour with the sugar, salt, and yeast. Set aside.
2. Heat milk and shortening in a pan until just warm. Add milk mixture to flour mixture. Mix until smooth.
3. Add egg. Beat well. Mix in the rest of flour and cornmeal. Knead dough about 300 times or about 10 minutes.
4. Put dough in a bowl prepared with vegetable oil spray. Cover, and let rise in a warm place about 1½ hours, until doubled in size.
5. Punch dough down in bowl to remove air bubbles. Divide dough in half and cut each half into 12 pieces. Roll pieces into balls. Place 1 inch apart on a baking sheet prepared with vegetable oil spray.
6. Cover loosely with wax paper that has been sprayed with vegetable oil spray. Let rise 1 hour. Remove wax paper.
7. Bake at 375° F about 15 minutes until lightly browned.

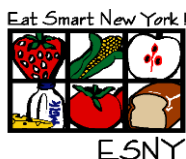
Nutrition Facts

Serving Size 1 roll			
Servings Per Container 24			
Amount Per Serving			
Calories 110		Calories from Fat 25	
		% Daily Value*	
Total Fat 2.5g		4%	
Saturated Fat 0.5g		3%	
Trans Fat 0g			
Cholesterol 10mg		3%	
Sodium 160mg		7%	
Total Carbohydrate 19g		6%	
Dietary Fiber 1g		4%	
Sugars 2g			
Protein 3g			
Vitamin A 0%		Vitamin C 0%	
Calcium 2%		Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

20% calories from fat

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.

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