



Nonfat yogurt replaces fat in this light and tender cornbread.

Experiments that worked

■ This cornbread, once laden with fat and sugar, has been gradually redesigned over the past 20 years by Victoria Modarresi. Now the bread has a hearty corn flavor and a springy texture that holds up when it's dunked into soups and bean stews. For tender wedges, she bakes the bread in an 8-inch cast-iron frying pan. For browner, crunchier bread, she bakes the batter in cornstick pans for about 15 minutes, yielding 14 to 16 sticks.

Very Good Cornbread

Victoria Modarresi, Tucson

Prep and cook time: About 25 minutes

Makes: 8 or 9 servings

1 cup **all-purpose flour**

1 cup **yellow cornmeal**

$\frac{1}{4}$ cup **sugar**

1 teaspoon **baking soda**

$\frac{3}{4}$ teaspoon **salt**

1 cup **plain nonfat yogurt**

2 **large eggs**

1. In a bowl, mix flour, cornmeal, sugar, soda, and salt. Add yogurt and eggs and mix just until blended. Pour into a buttered 8- to 9-inch square or round pan.

2. Bake in a 400° oven until bread springs back when gently pressed in center, 20 to 25 minutes. Cut in squares or wedges. Serve warm.

Per serving: 163 cal., 11% (18 cal.) from fat; 5.6 g protein; 2 g fat (0.5 g sat.); 30 g carbo (1.2 g fiber); 357 mg sodium; 48 mg chol.