

Green Onion Cornbread Muffins



This easy cornbread recipe makes light and fluffy muffins that are lower in calories, saturated fat, and sugar than boxed mix varieties with the savory, sweet flavor of mild green onion.

YIELD 12 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 35 MIN
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INGREDIENTS

¾ cup	Yellow Cornmeal
1 cup	All-purpose Flour
¼ tsp	Kosher Salt
1 Tbsp	Baking Powder
1 Tbsp	Canola Oil
1 cup	Buttermilk, lowfat
1 large	Egg
⅓ cup	Sugar
3 stalks	Green Onions, chopped fine
⅓ cup	Corn, frozen

CHEF'S NOTES

Spring onions can be substituted for green onions when they are in season.

You can wrap the muffins individually in plastic wrap and freeze. Thaw overnight or microwave for 30 - 60 seconds for quick, portion-controlled cornbread perfect for serving your favorite chilis, soups, and stews.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 350°F. Line a 12-cup muffin pan with paper liners then spray with non-stick cooking spray.
2. In a medium bowl, whisk together the dry ingredients: cornmeal, all-purpose flour, salt, and baking powder. Make sure to mix thoroughly (you don't want to see lumps of baking powder).
3. In a separate medium bowl, whisk together the canola oil, buttermilk, egg, and sugar.
4. Add the dry ingredients to the wet. Using a rubber spatula, fold to combine thoroughly until no streaks of flour remain (the batter will be lumpy). Add the chopped green onion and corn to the batter and fold gently to combine evenly. Let the mixture sit for 10 minutes to hydrate the cornmeal.
5. Using a small muffin scoop, fill the muffin cups about ¾ of the way with batter. Bake for about 15 minutes or until golden brown and a toothpick inserted in the center of a muffin comes out clean.
6. Remove to a wire rack for cooling before serving or storing.

Nutrition Facts

12 servings per container

Serving size 1 muffin (59g)

Amount Per Serving

Calories 120

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 210mg 9%

Total Carbohydrate 23g 8%

Dietary Fiber <1g 3%

Total Sugars 7g

Includes 5g Added Sugars 10%

Protein 3g 6%

Vitamin D 0.1mcg 0%

Calcium 100mg 8%

Iron 1.1mg 6%

Potassium 60mg 2%

* 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.

CONTAINS: MILK, EGG, WHEAT

Recipe adapted from *Health meets Food*, "Cornbread Muffins" (5/25/18)



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