

Cheesy 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 flavor of cheddar cheese.

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

INGREDIENTS

1 cup	Yellow Cornmeal
1 cup	All-purpose Flour
1½ tsp	Baking Powder
½ tsp	Kosher Salt
⅓ cup	Canola Oil
1 cup	Buttermilk, low-fat
2 large	Eggs
⅓ cup	Sugar
½ cup	Corn, frozen
2 oz	Cheddar Cheese, grated
2 – 3 each	Green Onions, thinly sliced

CHEF'S NOTES

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 375°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 corn, shredded cheese, and green onions 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 to cool before serving or storing.

Nutrition Facts

12 servings per container

Serving size **1 muffin (66g)**

Amount Per Serving

Calories **190**

% Daily Value*

Total Fat 9g **12%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 220mg **10%**

Total Carbohydrate 24g **9%**

Dietary Fiber 1g **4%**

Total Sugars 7g

Includes 5g Added Sugars **10%**

Protein 5g

Vitamin D 0mcg 0%

Calcium 100mg 8%

Iron 1.1mg 6%

Potassium 90mg 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



goldringcenter.tulane.edu



@culinarymedicine



Goldring Center for Culinary Medicine

