

Spicy Corn Muffins

Ingredients:

¾ cup corn meal (can use gluten-free)
¾ cup white whole-wheat flour (can use gluten-free)
2 Tablespoons sugar (optional)
1 Tablespoon baking powder
¼ cup canola oil
1 cup 1% milk
2 Tablespoons jarred jalapeno peppers, diced
2 green onions thinly sliced
1 cup corn (canned, frozen or fresh)

Directions:

Preheat oven to 400°

Spray 12-cup muffin tin with cooking spray or insert muffin cup liners. In a large mixing bowl, stir the cornmeal, flour, sugar, and baking powder together and set aside. In a small mixing bowl, gently combine the egg, oil, and nonfat milk. Add the liquid mixture to the flour mixture and stir together until well-combined. Gently stir in the jalapeno peppers, green onions, and corn. Spoon the batter evenly into the muffin tin. Bake for 12-15 minutes or until a wooden toothpick inserted in the center comes out clean.

Makes 12 muffins

Nutrition Info: (for one muffin)

Calories: 120

Fat: 5 grams

Saturated Fat: 0 grams

Carbohydrate: 18 grams

Fiber: 1.5 grams

Protein 3 grams

Sodium: 185 mg.

Exchanges: 1 starch, 1 fat