

tasty Recipe

Parmesan & Chive Corn Muffins

INGREDIENTS

1 1/4 cups fat-free buttermilk
1/4 cup olive oil
1 large egg, lightly beaten
4.5 ounces all-purpose flour
(about 1 cup)

3/4 cup yellow cornmeal
2 teaspoons baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt, divided
1/8 teaspoon ground pepper

3 ounces grated fresh
Parmigiano-Reggiano
cheese (about 3/4 cup), divided
3 tablespoons finely chopped
fresh chives
Cooking spray



INSTRUCTIONS

- Preheat oven to 400°. Combine the first 3 ingredients.
- Weigh or lightly spoon flour into a dry measuring cup, level with a knife. Combine flour and next 6 ingredients (through pepper) in a bowl, stirring well with a whisk. Make a well in center of flour mixture. Add milk mixture; stir just until moist.
- Stir in 2 oz. cheese (about 1/2 cup) and 2 tablespoons chives. Spoon into 12 muffin cups coated with cooking spray. Sprinkle muffins evenly with remaining 1 oz. cheese and remaining 1 tablespoon chives.
- Bake at 400° for 13 minutes or until a wooden pick inserted in the center comes out clean or with crumbs. Remove muffins from tins, cool on a wire rack.

TIP: Use a dash of bottled hot pepper sauce or substitute ground red pepper for the regular pepper for spicy kick!

